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Tuesday



Ehud Olmert will be treated for prostate cancer.

Olmert Ailing: Israeli PM is diagnosed with cancer | **8**

Station Break: Strike could put network shows on hold | **12**



In Recovery: Redskins hope for sunnier days after blowout | **13**

ENTERTAINMENT

Alien in America:

John Cusack has a spacey son in 'Marian Child.' Plus, the stone-faced comedian.

>> **20-27**



Blackwater Given Immunity

U.S. promised private guards protection from prosecution

WASHINGTON | The State Department promised Blackwater USA bodyguards immunity from prosecution in its investigation of last month's deadly shooting of 17 Iraqi civilians, The Associated Press has learned.

The immunity deal has delayed a criminal inquiry into the Sept. 16 killings and could undermine any effort to prosecute security contractors for their role in the incident that has infuriated the Iraqi government.

"Once you give immunity, you can't take

it away," said a senior law enforcement official familiar with the investigation.

A State Department spokesman did not have an immediate comment Monday. Both Justice Department spokesman Dean Boyd and FBI spokesman Rich Kolko declined comment.

Three senior law enforcement officials said all the Blackwater bodyguards involved

— both in the vehicle convoy and in at least two helicopters above — were given the legal protections as investigators from the Bureau of Diplomatic Security sought to find out what happened. The bureau is an arm of the State Department.

The investigative misstep comes in the wake of already strained relations between the United States and Iraq, which is demanding the right to launch its own prosecution of the Blackwater bodyguards. LARA JAKES JORDAN (AP)

❖ **Police under attack:** Suicide bomber riding a bicycle targets recruits in Baqouba, killing at least 29 | **Page 8**

Arenas Offers Buckets of Cash for Schools



ZERO HOUR: Wizards star Gilbert Arenas greets local students during a lottery at Verizon Center on Monday. Arenas, the NBA's third-leading scorer last season, will donate \$100 for every point he scores in each home game to a different local school, based on numbers assigned through the lottery. Wizards owner Abe Pollin will make a similar donation for points Arenas scores on the road. Arenas has averaged more than 28 points per game.



WERE THE PATRIOTS WRONG TO RUN UP THE SCORE IN THEIR 52-7 WIN OVER THE REDSKINS? **A YES B NO**



TUESDAY
66 | 44



WEDNESDAY
71 | 52



THURSDAY
69 | 44

eyeOpeners

INFLATION

Time Travel Monthly Gives Spot Five Stars

It was 1947 when newlyweds Larry and Mariam Orenstein honeymooned in Chicago, paying just under \$10 per night at the Palmer House. Sixty years later, the couple stayed in the penthouse suite for the same price — part of an offer for long-ago patrons. Onetime guests who visited more than 50 years ago can pay the price of their original stay, provided they have an original receipt. The suite goes for \$1,600 today. The deal has been offered to guests since 1925. But customers have taken advantage of the offer fewer than 10 times over the last 25 years. (AP)



SIGHTINGS

It Was Actually a Very Awkward Teen

It's furry and walks on all fours. Beyond that, the only thing certain about the critter photographed by a hunter in Ridgway, Pa., is that some people think it's Bigfoot. Rick Jacobs says he got the pictures from a camera with an automatic trigger that he fastened to a tree, hoping to photograph deer. He contacted the Bigfoot Research Organization. "In my opinion, it appears to be a juvenile Sasquatch," said Paul Majeta of the Bigfoot group. "There is no question it is a bear with a severe case of mange," said Pennsylvania Game Commission spokesman Jerry Feaser. (AP)



MORE PUMPKINS

Pumpkin. Great.

As October wanes into November, the gentle breeze of giant pumpkin feature photos wafting over the newswires segues into a gale-force wind of giant jack-o'-lantern feature photos, presumably the end result of the former and a chain saw. Here is a humongous jack-o'-lantern at a music festival in Las Vegas last weekend. Scary! (EXPRESS)



The Willamette Meteorite's self-esteem has plummeted even further.

AUCTIONS

The Big Money's In Virgin Mary Toast

Two of the world's most famous meteorites failed to attract buyers at an auction Sunday, while an ordinary mailbox hit by a falling space rock in 1984 was sold for nearly \$83,000. A 30-pound chunk of the Willamette Meteorite, found in Oregon in 1902, has an estimated value of \$1.3 million; it was withdrawn from sale after bidding ended at \$300,000. The auction's surprise star: the busted mailbox. (AP)

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BAD EXAMPLE: A girls' soccer coach in Windsor, Calif., has been suspended after allegedly exposing his buttocks to the opposing team following a contentious game. Police say they are asking prosecutors to file indecent exposure charges against the coach.

Nation

In Brief



BILL ZIMMER/AP

A hazardous acid was released into the air in Clara City, Minn., by a derailment.

CLARA CITY, MINN.

More Than 80 Train Cars Derail, Leaking Acid Cloud

More than 80 cars from two trains derailed early Monday and one car leaked a powerful acid, releasing a vapor cloud that closed schools and forced hundreds of residents to evacuate. No injuries were reported. More than 350 people were evacuated from the path of the hydrochloric acid vapor and more could be ordered to leave the area, said city administrator Sara Folsted. (AP)

DES MOINES, IOWA

Firefighters Pull Back From Raging Chemical Plant Fire

An explosion and fire Monday at a chemical plant northeast of Des Moines sent plumes of thick smoke into the sky and forced firefighters to pull back for fears of more blasts. Fire departments from throughout the Des Moines area responded to the fire. "I think we're going to be here a good long time," said Neil Shultz, a spokesman for the Polk County sheriff's department. (AP)

Heart Pills Skip to New Generation

Young adults taking more pills for blood pressure, cholesterol

TRENTON, N.J. | Use of cholesterol and blood pressure medicines by young adults appears to be rising rapidly — at a faster pace than among senior citizens, according to an report released Tuesday.

Experts point to higher rates of obesity, high blood pressure and high cholesterol problems among young people.

AGE-OLD REMEDY

→ Among people 65 and older, use of blood pressure drugs increased only 9.5 percent, while the use of cholesterol drugs rose by 52 percent.

→ Federal health statistics show that while the percentage of people with high cholesterol has dropped overall in recent years, it has risen among younger people, especially those 20 to 34 years old.

"This is good news, that more people in this age range are taking these medicines," said Dr. Daniel W. Jones, president of the American Heart Association.

Still, he said many more people should be on the drugs that lower cholesterol or blood pressure and which have been shown to reduce risks for heart attack and stroke.

The new data, from prescription benefit manager Medco Health Solutions Inc., indicate use of cholesterol-lowering drugs among people aged 20 to 44, while

still low, jumped 68 percent over a six-year period.

The rate rose from 2.5 percent in 2001 to just over 4 percent in 2006 among Medco customers. That means roughly 4.2 million Americans in that age group are now taking cholesterol medicines.

Meanwhile, use of blood pressure medicines increased 21 percent, from about 7 percent of 20- to 44-year-olds in 2001 to over 8 percent in 2006. That translates into about 8.5 million people taking drugs to lower their blood pressure. (AP)

RAMONA, CALIF. | STARTING OVER



RICK BOWMER/AP

DEVASTATED: Nichole Booth examines what remains of her mother's home in Ramona, Calif. Booth is taking her first steps toward putting her life back together a week after a wildfire burned through her northern San Diego home.

FEMA Official Loses Job Bid Over Press Event

WASHINGTON | The man who staged a fake Federal Emergency Management Agency news conference has lost a chance to be National Intelligence Director Mike McConnell's top public information officer.

In letters sent over the weekend, FEMA administrator R. David Paulison scolded the public affairs staff involved in the incident. Homeland Security Department spokesman Russ Knocke said Monday there may be more disciplinary action yet.

John P. "Pat" Philbin was harshly criticized by the White House and Homeland Security Secretary Michael Chertoff for the fake news conference that featured questions from FEMA staff. (AP)

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Nation



MANE CONCERN: Officials in West Virginia are on the hunt for the king of the jungle. The state's Division of Natural Resources has received two unverified reports of a full-grown, male African lion prowling around Cold Knob Mountain.

High Court to Hear Oil Spill Appeal

Justices will decide whether Exxon owes \$2.5 billion to victims

WASHINGTON | The Supreme Court agreed Monday to decide whether Exxon Mobil Corp. should pay \$2.5 billion in punitive damages to victims of the huge Exxon Valdez oil spill that fouled more than 1,200 miles of Alaskan coastline in 1989.

The high court stepped into the long-running battle over the damages that Exxon Mobil owes from the supertanker accident in Prince



Tugboats pull the Exxon Valdez on April 5, 1989. The Supreme Court will decide whether Exxon must pay punitive damages to victims of the environmental disaster.

William Sound that was the worst oil spill in U.S. history. The Exxon Valdez ran aground on a reef, cracking its hull and spilling 11 million gallons of oil. Hundreds of thousands of seabirds and marine animals died as a result.

It is a case filled with superlatives. The award, even after it was cut in half by a federal appeals court in December, would be the largest punitive damages judgment ever.

The plaintiffs still living include about 33,000 commercial fishermen, cannery workers, landowners, Native Alaskans, local governments and businesses. They urged

the court to turn down the company's appeal, saying, "After more than 18 years, it is time for this protracted litigation to end."

But the justices said they would consider whether the company should have to pay damages at all under the Clean Water Act and centuries-old laws governing shipping. The court has frequently sided with business interests in punitive damages and other cases of corporate liability.

Exxon said that even if the court finds some money is due, it should rule that the \$2.5 billion award violates the Constitution because it is too large. The justices said they would not consider that argument when they hear the case early next year. MARK SHERMAN (AP)



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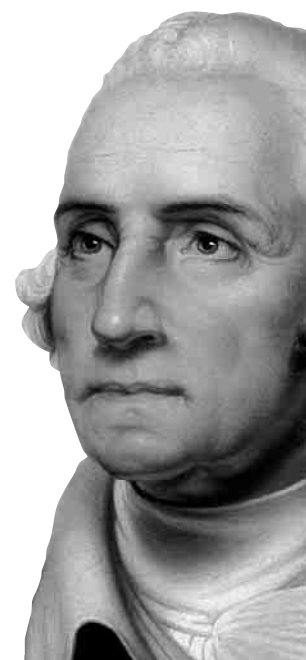
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37

The number of people arrested early Monday in Boston, mostly for disorderly conduct, after the Red Sox won the World Series, police spokeswoman Elaine Driscoll said.

Nation



A fire early Sunday ravaged this beach house in Ocean Isle, N.C., which was occupied by more than a dozen college students.

House Fire Traced to Deck

Officials say N.C. blaze that killed 7 students was likely an accident

OCEAN ISLE BEACH, N.C. | For the group of college buddies spending a late-season weekend at a friend's beach house, the deck overlooking a canal was the center of their good times.

It was where they talked, listened to music and danced late into the night. But investigators fear the deck just two blocks from the beach may also have been the starting point of a fast-moving fire that killed seven people, including

a group of high school friends who went off to college together.

"It sounded like they were having a good time. Unfortunately, the fire didn't show any mercy," said Terry Walden, whose 19-year-old daughter, Allison, died in the blaze. "They probably never woke up."

The storm of fire and smoke — so daunting that firefighters radioed for backup before they even arrived at the scene — enveloped the home early Sunday, killing six students from the University of South Carolina and one from Clemson University. Six other South Carolina students in the house survived.

Classes went on as sched-

uled Monday at South Carolina's Columbia campus, but grief counselors were available for the 27,000 students.

Anna Lee Rhea said her older brother William was among the dead — a devastating blow to their older brother Andrew who made it out of the house alive. "Everybody loved him. Everybody really misses him," she said.

Mayor Debbie Smith said Monday that investigators believe the fire was likely accidental and started in the rear of the house, either on or near the deck facing the canal on the west side of the house.

ESTES THOMPSON (AP)

Man Agrees to Testify Against O.J.

McClinton claims Simpson asked him to bring guns to casino

LAS VEGAS | A man whose lawyer says he can testify that O.J. Simpson asked him to bring guns to a confrontation with two sports memorabilia dealers told a judge on Monday that he'll accept a plea deal and testify against Simpson

and two other men.

Michael McClinton of Las Vegas became the third man to agree to plead guilty to reduced charges in return for his testimony in the case.

McClinton wielded a gun and acted like a police officer



McClinton

Sept. 13 when Simpson and five other men confronted collectibles dealers Bruce Fromong and Alfred Beardsley, according to police reports.

McClinton's lawyer, William Terry, says McClinton can testify Simpson asked him to bring two guns when they went to the room at the Palace Station casino.

"There's no reason to dispute that," Terry said. KEN RITTER (AP)

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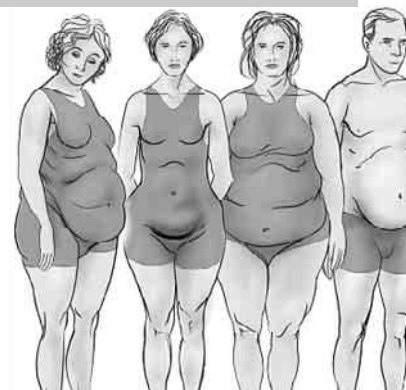
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World



"I completely agree that forced marriages should be punishable as a criminal act."

—Chancellor Angela Merkel, speaking out against a tradition of Muslim immigrants in Germany.



DESTROYED: An Iraqi boy goes through debris after a parked car bomb went off in Baghdad's Baiyaa neighborhood in Iraq.

29 Killed in Iraq Bombing

Suicide attacker hits police recruits during attack in Baqouba

BAGHDAD | A suicide bomber rode his bicycle into a crowd of police recruits in Baqouba on Monday, killing at least 29 people in a province that has become a battleground among U.S. forces, al-Qaeda militants and Shiite radicals.

A group of Shiite and Sunni clerics, meanwhile, were rescued one day after they were kidnapped in the capital after meeting with the government to discuss how to coordinate efforts against al-Qaeda in Iraq.

In a reflection of the extraordinary complexity of Iraq, the U.S. military blamed a Shiite militant for the kidnapping. The military did not reveal its evidence but has claimed that so-called rogue Shiite

groups are doing everything possible to stop Iraqis from joining U.S. forces — even in the fight against the Sunni al-Qaeda in Iraq.

Police and hospital officials reported at least 19 people wounded in the attack in Baqouba, the capital of Diyala province 35 miles northeast of Baghdad. Mohammed al-Kirrawi, a doctor at the Baqouba general hospital, said most of the victims were struck by ball bear-

ings packed in the bomber's suicide vest and that the hospital lacked equipment to save many of the wounded.

One of the wounded recruits told The Associated Press he decided to join the police force only after his father was killed in sectarian violence and he was left as the large family's sole provider.

Dangerous Dam in Mosul

→ The largest dam in Iraq is in serious danger of an imminent collapse that could unleash a trillion-gallon wave, killing hundreds of thousands. | **Today's Post, Al**

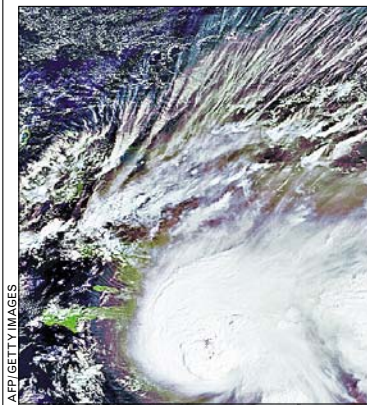
IN The Washington Post

"This was an al-Qaeda operation, and they were after both Shiites and Sunnis," said Saadulden Mohammed, a 25-year-old Shiite, who spoke to a reporter as he was receiving a blood transfusion.

"I was standing at the end of the platoon. Suddenly, I saw explosion and fire. I would have been killed if I were standing with my Sunni friend. He died. We had breakfast together today," sobbed Mohammed.

Also Monday, a U.S. brigadier general was wounded in a roadside bombing in northern Baghdad, the military reported. Brig. Gen. Jeffrey Dorko, commanding general of the Gulf Region Division, was the highest-ranking American officer to be hurt since the conflict began in March 2003. Dorko was in stable condition; his injuries were not life-threatening. **STEVEN R. HURST (AP)**

In Brief



Tropical Storm Noel bears down on Haiti on Monday. It is set to hit Cuba.

PORT-AU-PRINCE, HAITI Tropical Storm Noel Slams Haiti En Route to Cuba

Tropical Storm Noel lashed Haiti with heavy rains early Monday as it slowly neared the impoverished Caribbean nation, generating fears of flash flooding on deforested hills often blanketed by rows of flimsy shacks. Noel, the 14th named storm of the Atlantic season, was projected to reach Haiti and the Dominican Republic — which share the island of Hispaniola — in the morning before heading on toward Cuba. **(AP)**

MOGADISHU, SOMALIA Prime Minister Resigns Amid Power Struggle

A long-brewing power struggle between the Somali prime minister and its president ended Monday with the premier's resignation, throwing the government into further disarray as it struggles with an Islamic insurgency. Prime Minister Ali Mohamed Gedi and President Abdullahi Yusuf have been at loggerheads for months in the Horn of Africa nation. **(AP)**

BAKU, AZERBAIJAN U.S. Embassy Plot Foiled

A group of militant Islamists planned to attack the U.S. Embassy and other government buildings in Azerbaijan with stolen military grenades and assault rifles but were thwarted by security forces, officials said Monday. The National Security Ministry said the group had planned a "large-scale, horrifying terror attack" but did not provide details. **(AP)**

Israel's Olmert Has Prostate Cancer

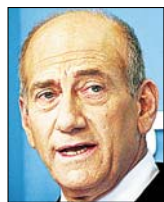
PM to undergo surgery for treatable form of disease, stay in power

JERUSALEM | Prime Minister Ehud Olmert told Israelis on Monday that he has been diagnosed with prostate cancer but said the disease was not life-threatening and will not disrupt his work as the country's leader.

The disclosure came at a sensitive time in Mideast diplomacy, with Olmert and another onetime prostate cancer patient — Palestinian President Mahmoud Abbas — struggling to bridge gaping differences ahead of a U.S.-brokered

peace conference.

Speaking calmly before a packed hall of reporters, Olmert said the disease was caught early and that



Olmert

he would have surgery "over the next few months." Vice Premier Haim Ramon said the surgery would be done after the conference.

"I will be able to carry out my duties fully before the treatment and within hours afterward," Olmert said. "My doctors ... informed me that there is a full chance of recovery

and there is nothing about the tumor that is life-threatening or liable to impair my performance or my ability to carry out the mission which has been bestowed upon me."

Israeli leaders traditionally kept information on their private lives and health from the public, but that changed abruptly when Olmert's predecessor, Ariel Sharon, suffered a stroke that left him comatose in January 2006. Many Israelis felt they should have been better informed about their leader's ill health and that concern clearly contributed to Olmert's swift and detailed announcement of his diagnosis. **MATTI FRIEDMAN (AP)**

China Nabs 774 For Tainted Goods

BEIJING | China said Monday that it had arrested 774 people in a crackdown on substandard goods, part of ongoing efforts to calm international worries over the quality of the country's products.

The General Administration for Quality Supervision, Inspection and Quarantine said the arrests were the result of 626 criminal investigations nationwide into the manufacture and sale of fake or substandard food, medicine or agricultural products between August and mid-October. The actions were part of a four-month quality-control campaign launched by a Cabinet-level panel. **(AP)**

200

The amount, in millions of dollars, that 18 paintings bequested by late supermarket tycoon Simon Sainsbury to the Tate Britain and the British National Gallery are worth.

World

Sarkozy Cuts off Interview

French president walks out of '60 Minutes' introduction to U.S.

NEW YORK | France's president abruptly ended a "60 Minutes" interview aimed at introducing him to U.S. audiences, dubbing it "stupid" and a "big mistake" and refusing to answer questions about his wife.

Before the CBS news show interview in Paris even began, Nicolas Sarkozy called his press secretary "an imbecile" for arranging the session on a busy day.

"I don't have the time. I have a big job to do; I have a schedule," Sarkozy said through a translator before the interview began. In English, he



French President Nicolas Sarkozy walks out of a "60 Minutes" interview.

added: "Very busy. Very busy."

In the interview conducted earlier this month and aired Sunday night, he candidly discussed what he likes about the U.S. But he grew frustrated when asked about his

wife, Cecilia, who helped negotiate the release of five Bulgarian nurses and a Palestinian doctor charged with infecting Libyan children with HIV and then failed to show up at a ceremony in which Sarkozy was given a medal by Bulgaria.

"If I had to say something about Cecilia, I would certainly not do so here," Sarkozy replied.

He declared the interview over and said: "Bon courage." Two weeks later, the Sarkozys' divorce was announced.

Before he broke off the interview, Sarkozy was asked about what he would like the American people to know about him. "I want the Americans to know that they can count on us. But at the same time, we want to be free to disagree," he said. (AP)

Egypt Will Build Nuke Program

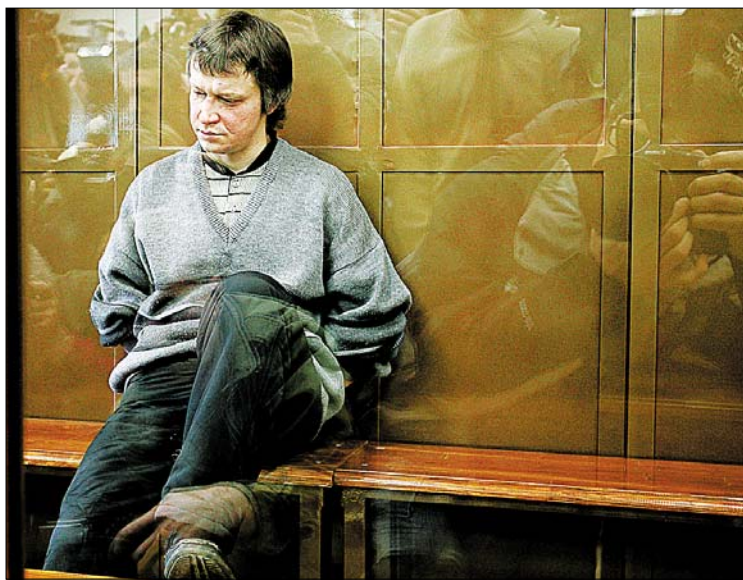
Country says power plants would help diversify resources

CAIRO, EGYPT | Egypt said Monday that it would build several nuclear power plants, moving into the front of a group of nations raising fears of Middle Eastern proliferation with new pushes to develop nuclear energy.

President Hosni Mubarak announced that Egypt was building the power stations to diversify Egypt's energy resources.

Jordan, Turkey and several Gulf Arab countries also said that they are interested in developing nuclear power programs, and Yemen's government in September signed an agreement with Houston-based Powered Corporation to build civilian nuclear plants over the next 10 years.

The U.S. State Department said it would not object to Egypt's program as long as it respects the Nuclear Nonproliferation Treaty and the rules of the International Atomic Energy Agency. (AP)



Alexander Pichushkin sits in a bullet-proof cage during Monday's sentencing.

Russian Serial Killer Gets a Life Sentence

MOSCOW | A former grocery clerk was sentenced Monday to life in a hard labor colony for slaying 48 people in an effort to fill all 64 squares on a chessboard, luring his elderly, alcoholic victims with vodka and dumping them in a Moscow park.

Alexander Pichushkin, who claimed to have killed 60 people, stood in a reinforced glass cage with his hands cuffed behind his back as a

judge delivered the harshest possible punishment under Russian law.

When Judge Vladimir Usov asked Pichushkin whether he understood the sentence, the defendant replied: "I'm not deaf."

The courtroom was packed with journalists and the victims' relatives, some of whom said life in prison was not enough.

BAGILA BUKHARBAYEVA (AP)

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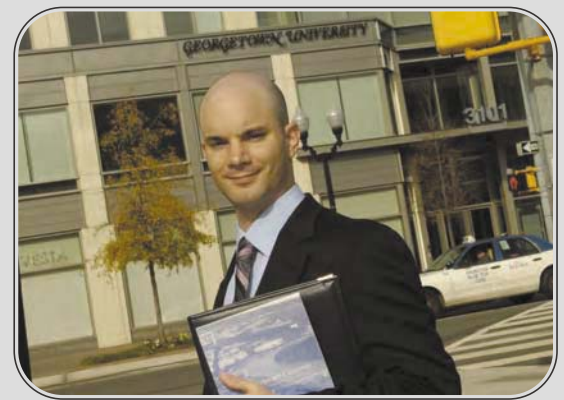
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Adam Gopnik

Thursday, November 1, 2007 6:30 pm

New Yorker writer Adam Gopnik talks about growing up in the golden age of Jewish comedy—Henny Youngman, Myron Cohen, the young Woody Allen. Gopnik is author of the bestselling memoir *Paris to the Moon*, *The King in the Window*, and most recently *Through the Children's Gate*.



Meir Shalev

Monday, November 12, 2007 7:30 pm

Meir Shalev is one of Israel's leading writers. The author of six novels, including *The Blue Mountain* and *The Loves of Judith*, as well as several children's books and works of non-fiction, he is a former television and radio host. Shalev writes a weekly column for the newspaper *Yediot Ahronot*.



Ruth Behar

Tuesday, November 27, 2007 7:30 pm

After Castro's rise to power in 1959, five-year-old Ruth Behar and her family left Cuba, along with most of the island's other Jews. But even as a child Behar felt the pull of her native country and wondered what happened to the Jews who had remained.

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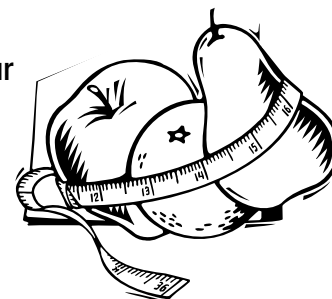
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The percentage of Virginia schools that retained 60 percent or less of their students from freshman to senior year over three years, from 2004 to 2006 — a rate that puts them in a category called "dropout factories."

Local

IN The Washington Post | CHEMICAL CLEANUP



OPERATION DECONTAMINATION: A worker enters a Personnel Decontamination Station after working on what should be the final phase of the removal of mustard gas containers near American University in Washington on Monday.

❖ **Toxic soil:** Spring Valley's woes date all the way back to 1993. | **Today's Metro**

Md. Opens Budget Session

Gov. O'Malley pushes plan to introduce slot machines, new taxes

ANNAPOLIS, MD. | Maryland lawmakers were to gather Monday for a special session to consider Gov. Martin O'Malley's proposals to battle a \$1.7 billion budget deficit, a plan that includes taxes and a pitch to legalize up to 15,000 slot machines in a referendum.

With the budget plan mixing the two volatile issues, anti-tax groups and gambling opponents were speaking out against it. About two dozen protesters rallied at lunchtime Monday outside the State House to urge lawmakers



Protesters rallied at the Statehouse in Annapolis to protest raising taxes.

to reject the tax proposals.

"He is trying to pull the wool over our eyes by saying new taxes are needed to get out of the budget hole," said Karri Bragg of Americans for Tax Reform. "We don't

want to send more of our money to Annapolis."

He wants lawmakers to approve a referendum for November 2008, sending to voters an issue that has divided the legislature for five years. O'Malley, a Democrat, hopes his slots plan will eventually raise up to \$700 million for the state. O'Malley decided to take the referendum route after doubts surfaced about whether he could muster enough support if lawmakers were again asked to make the tough call on their own.

Republicans have criticized O'Malley's budget plan as heavy on taxes and light on fiscal responsibility and have withdrawn support for slot machines. BRIAN WITTE (AP)

Islamic School's Texts Under Review

MCLEAN, VA. | Fairfax County officials are reviewing Arabic-language textbooks at a private Islamic school following a federal panel's recommendation that the school be shut down.

The county does not expect to find any problems with the textbooks at the Islamic Saudi Acad-

emy, but wants to study the issue "to put the matter to rest," Fairfax County spokeswoman Merni Fitzgerald said Monday.

Earlier this month, a federal human-rights panel recommended that the academy be shut down until a review was conducted to ensure that the school is

not espousing radical Islam. The U.S. Commission on International Religious Freedom said in a report issued Oct. 17 that it had no direct evidence of a problem at the academy, but is concerned that the school closely mimics a typical Saudi education, which some critics say promotes intolerance against Christians, Jews and Shiite Muslims. (AP)

The Lotteries

Monday, Oct. 29

DISTRICT

Mid-day Lucky Numbers **0-8-0**
Mid-day DC 4 **5-2-1-3**

MARYLAND

Mid-day Pick 3 **7-9-3**
Mid-day Pick 4 **2-2-7-6**

VIRGINIA

Mid-day Pick 3 **4-1-2**
Evening Pick 3 (Sun.) **4-3-2**
Mid-day Pick 4 **2-1-7-7**
Evening Pick 4 (Sun.) **9-7-2-4**
Mid-day Cash 5 **18-19-21-29-31**
Evening Cash 5 (Sun.) **1-7-11-14-29**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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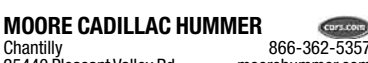
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Money

Strike May Halt TV Shows

Writer's Guild conflict could force networks to alter their lineups

LOS ANGELES | TV viewers hooked on cliffhanger episodes of hit shows such as "Heroes" and "Grey's Anatomy" could soon be left dangling if writers walk off the job.

With Hollywood writers poised to log off their laptops as soon as Thursday, TV networks were bracing for the need to fill the airwaves with reality shows, game shows and even reruns if a threatened strike devours their script inventory.

Viewers could start seeing an onslaught of unscripted entertainment by early next year, when popular series such as "Desperate Housewives" and "Heroes" run out of new episodes.

Members of the Writers Guild of America and the group representing film and TV producers were set to meet Tuesday with a



TV shows like "Law & Order," above, could be affected by a Writer's Guild strike.

federal mediator after scant progress in contentious talks that have dragged on since July.

With the current contract set to expire at midnight Wednesday, negotiators remain far apart on the central issue of raising payment for profits on DVDs and shows offered digitally on the Internet, cellphones and other devices.

If writers walk out, the effect wouldn't be felt immediately. Networks have enough episodes of shows such as "Ugly Betty" and "CSI" written and in production to last at least through the end of the year, industry executives and analysts said.

But after that, schedules will run into trouble. LYNN ELBER (AP)

Oil Surges to Nearly \$94 Per Barrel

NEW YORK | Oil futures surged to a new record near \$94 Monday, propelled by the weak dollar and news that Mexico's state oil company had suspended a fifth of its oil production due to stormy weather.

Crude futures rallied late in the session as the euro rebounded against the dollar, analysts said. The euro hit a record high against the dollar early Monday morning.

"The dollar seems to be the

force that's driving us now," said Phil Flynn, an analyst at Alaron Trading Corp., in Chicago.

Light, sweet crude for December rose \$1.67 to settle at a record \$93.53 per barrel on the New York Mercantile Exchange after rising as high as \$93.80 earlier. JOHN WILEN (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
KronosWd	18.21	+2.71	+17.5
GlobTAp	4.96	+0.66	+15.3
BlkNYIT	17.94	+1.93	+12.1
AmAxle	26.58	+2.85	+12.0
Chiquita	19.04	+2.03	+11.9

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
MortonsR	14.20	-3.01	-17.5
OffcDpt	17.43	-2.86	-14.1
BankAtlA	4.13	-.59	-12.5
ChmpE	11.52	-1.52	-11.7
Methode	12.00	-1.57	-11.6

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ChinaSun n	11.51	+2.38	+26.1
e-Future n	25.45	+4.72	+22.8
HSW Intl n	7.03	+1.30	+22.7
CTC Media	25.72	+4.14	+19.2
Iomai	1.86	+0.02	+1.1

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ClearO n	5.59	-1.31	-19.0
ProgGam	3.93	-.90	-18.6
ClaytonH	4.52	-.96	-17.5
Schnitzer	65.76	-12.01	-15.4
GrandT rs	2.60	-.45	-14.8

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.75	7.75
Fed Funds close	4.81	4.73
3-month disc	3.92	3.90
2-year	3.78	3.80
10-year	4.38	4.39
30-year	4.66	4.67

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4850	.4873	.5273
Canadian Dollar	.9529	.9623	1.1190
European Euro	.6933	.6951	.7852
Japanese Yen	114.59	114.22	117.59
Mexican Peso	10.7085	10.7396	10.7311
Taiwanese Dollar	32.50	32.56	33.29

DOW NASDAQ S&P 500

DOW	NASDAQ	S&P 500
+63.56	+13.25	+5.70
+0.46	+0.47	+0.37
13870.26	2817.44	1540.98

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	56.79	-.39	-16.9
Amylin	46.58	-.60	+29.1
BiogenIdc	74.82	-1.90	+52.1
Celgene	66.22	-.64	+15.1
ChRvLab	58.43	-.67	+35.1
GenProbe	67.81	-.40	+29.5
Genentch	74.35	+0.21	-8.4
Genzyme	73.55	-1.46	+19.4
GileadSci s	45.96	-.41	+41.6
Illumina	56.82	+2.81	+44.5
Imclone	43.25	-.83	+61.6
Invitrogn	83.00	-.58	+46.7
MilPhar	11.89	+0.08	+9.1
QIAGEN	23.00	+0.30	+52.0
VertexPh	32.94	+0.63	-12.0



SACKED: Chad Pennington's tenure as the New York Jets' starting quarterback is over. Coach Eric Mangini announced Monday he's going with Kellen Clemens as his starter for Sunday's game against Washington. The Jets are 1-7 this season.

Sports

Swengali

WIZARDS | BY MATT SWENSON

Make-or-Break Year for Wizards

REMEMBER WHEN it was cute that the Wizards were good?

It wasn't that long ago.

Yet, how Washington has gone from the immediate post-Michael Jordan era to now is one of the most undervalued stories in the NBA.

The Wizards are expected to win a lot of games. And why not?

Gilbert Arenas, Caron Butler and Antawn Jamison amount to one of the best — if not the best — trio in the entire league.

So good are the Wizards when the three are healthy, team President Ernie Grunfeld decided to essentially stand pat in an off-season when the Celtics added Kevin Garnett and Ray Allen, and Orlando upgraded with Rashard Lewis.

Winning is a must, or a shake-up is almost certain.

If Arenas and company stay healthy, the bet is they will compete for a spot in the Eastern Conference finals. They'd better.

This isn't five years ago anymore. The team's core has had plenty of time to grow together.

Winning is a must, or a shake-up is almost certain.

The next step is the organization expecting titles and acting accordingly when the goal isn't accomplished. Grunfeld should be commended for giving this group a chance to see what it can do when healthy. If disappointment follows, at least we'll never think, "What if?"

Believe it or not, this kind of talk shows how far the Wizards have come.

Who ever would have guessed Washington's professional basketball team would be entering a make-or-break year?



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Redskins Hope the Worst Is Over

Team tries to repeat history by bouncing back after a blowout

REDSKINS | On the day after, Marcus Washington looked to the heavens for a way to recover from a 45-point loss. "When I woke up, the sun came up," the Washington Redskins linebacker said Monday. "That was a good sign. That's something I can build off of."

Certainly nothing that happened during the sun's previous journey across the sky gave the Redskins any inkling that they are approaching the elite status expected when coach Joe Gibbs returned in 2004. Washington was beaten 52-7 Sunday by coach Bill Belichick and the unbeaten New England Patriots, the franchise's worst loss since a 53-0 to the New York Giants during the 1-12-1 season of 1961.

"They made the game look easy," said bewildered defensive end Demetric Evans.

The loss is the worst in Gibbs' Hall of Fame career, but history shows that's not necessarily a bad sign. His previous worst came two years ago during the same week of the season, a 36-0 debacle against the New York Giants that dropped Washington's record to 4-3 — the



THE HORROR: Redskins quarterback Jason Campbell can't bear to look during the 52-7 loss to New England. Washington faces the New York Jets next Sunday.

same as it is now.

The Redskins recovered from the Giants shutout to beat Philadelphia the following week and eventually made the playoffs, proving the familiar claim one bad loss doesn't have to derail the entire season.

"That's something I'm going to use — I'm glad you pointed it out,"

Gibbs said when reminded of that sequence of events.

The few starters present Monday when the locker room was open to reporters already were coming up with their own motivational notes.

"If you get down in the dumps for losing against a team like that, you shouldn't be here," receiver Santana

"If we put ourselves in a situation like that, then I'm not going to ... complain about that."

JOE GIBBS, ON IF THE PATS RAN UP THE SCORE IN SUNDAY'S 52-7 GAME

Moss said. "What's done is done. They showed us how they were, and we had nothing to answer for it. All we can do is look at it and feel awful about it, or look at it and say 'Hey, we experienced it, and let's try not to go that route again.'"

However, there is the sense that the Redskins would be cooked if they lose next week's game against the New York Jets, who are 1-7 and benched Chad Pennington for second-year quarterback Kellen Clemens after their fifth straight loss.

With NFC East rivals Dallas and the Giants seemingly headed for the playoffs, Washington can't afford to follow a loss to a good team with a loss to a bad team. "The Jets will definitely be a big game for us," Evans said. "On the road again, another AFC opponent ... just to give us confidence that we still are a good team." **JOSEPH WHITE (AP)**

Knee Injury Cuts Rogers' Year Short

Cornerback tears his ACL and MCL; Smoot set to return this week

REDSKINS | Washington Redskins cornerback Carlos Rogers is out of the year with torn ligaments in his right knee.

Rogers was hurt in the first quarter of Sunday's 52-7 loss to the New England Patriots. An MRI on Monday revealed tears in the ACL and MCL. He will have surgery in about two weeks and begin rehabilitation with the possible goal of returning for next year's training camp.

"We've got bad news on Carlos," coach Joe Gibbs said. "He's a real tough guy. There's going to have to



Redskins defenders tend to Carlos Rogers after he injured his knee Sunday.

be some other guys to step up."

Rogers injury would have been a huge blow at any time, but it was especially problematic against the high-scoring Patriots because follow cornerback Fred Smoot missed

the game with a hamstring injury. The Redskins had to rely on Leigh Torrence and David Macklin to help try to contain Randy Moss and the other New England receivers.

Trainer Bubba Tyler said Smoot will return for next week's game against the New York Jets to join Shawn Springs in the starting lineup, but the Redskins will also need to promote a cornerback from the practice squad or sign a free agent. The team is expected to work out several candidates Tuesday.

Rogers, the No. 9 overall pick from Auburn in 2005, was having his best season to date. He had one interception, which he returned for 61 yards against Detroit for his first career touchdown. **(AP)**

TODAY'S TV LINEUP

NBA (8 P.M. ON TNT) What was supposed to be Greg Oden versus Tim Duncan in Oden's NBA debut is now a lopsided game between the Spurs and Trailblazers.

NBA (10:30 P.M. ON TNT) The big question is whether Kobe Bryant will be on the Lakers when they play the Houston Rockets.

HOCKEY (7 P.M. ON VERSUS) Sidney Crosby and the Pittsburgh Penguins visit the Minnesota Wild.



BY THE NUMBERS: This World Series averaged a 10.6 Nielsen rating, the second-lowest ever, ahead of only the 10.1 in 2006 for the Cardinals' win over the Tigers. **(AP)**

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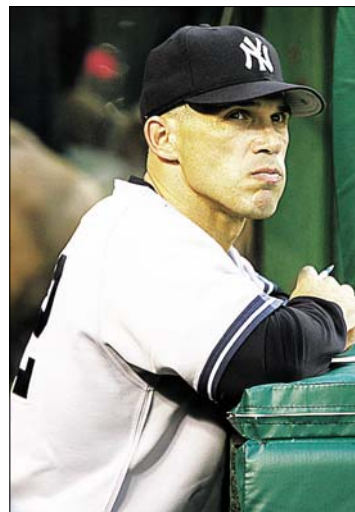
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Sports

**BRAVE NEW WORLD:** The Detroit Tigers addressed one
of their biggest needs Monday, acquiring shortstop Edgar
Renteria from the Atlanta Braves for two prospects.

Yankees Go With Girardi

Ex-Marlins skipper
offered job as Torre's
replacement in N.Y.**BASEBALL** | The New York Yankees
have offered the manager's job to
Joe Girardi and are negotiating a
contract with his agent, a baseball
official said Monday.The official, who spoke on con-
dition of anonymity because a deal
hasn't been formalized, said general
manager Brian Cashman made the
recommendation for a successor to
Joe Torre, and it was accepted by
the Yankees.Girardi beat out former Yan-
kees star and bench coach Don
Mattingly, the early favorite, and
first-base coach Tony Pena. Girardi
spent this season as a Yankees TV
announcer after he was fired by the

STEPHEN DUNN/GETTY IMAGES

Former Yankees catcher Joe Girardi is
expected to be the team's next manager.

Florida Marlins last year.

"Don was extremely disap-
pointed to learn today that hewasn't the organization's choice
to fill the managerial vacancy,"
Mattingly's agent, Ray Schulte,
said in an e-mail.Schulte said Mattingly told the
Yankees he isn't interested in a
coaching position next year, and
he also extended Girardi his con-
gratulations and best wishes.The 43-year-old Girardi caught
for the Yankees from 1996 to 1999,
served as a bench coach in 2005,
then managed the Marlins the fol-
lowing year and was NL Manager
of the Year. He kept a young team
in contention until September and
then was fired, apparently for clash-
ing with owner Jeffrey Loria and
others above him.Radio station 1050 ESPN New
York first reported the development
and said Girardi is expected to take
the job. RONALD BLUM (AP)NEVER **miss**
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DANCING WITH THE SOX: Boston is planning a "rolling rally" Tuesday from Fenway to City Hall Plaza in which the team will board several World War II-era amphibious duck boats. They will pause in three spots — Copley Square, Boston Common and City Hall Plaza — so closer Jonathan Papelbon can dance his wacky Irish jig.

Sports

Hot Corner Is a Hot Topic in Boston

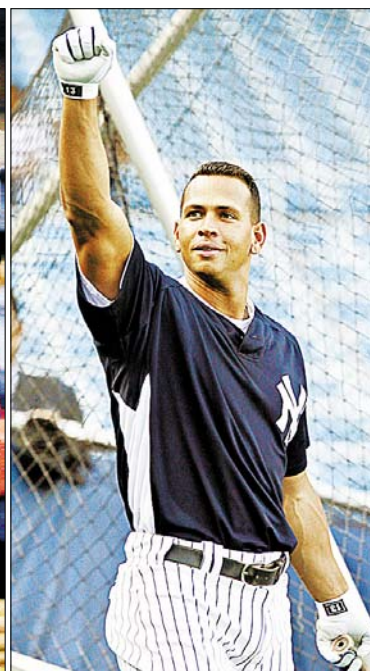
Red Sox Nation calls for team to re-sign Lowell, pass on A-Rod

BASEBALL | While the Boston Red Sox celebrated at Coors Field after their second World Series sweep in four years, general manager Theo Epstein was serenaded with two pieces of advice.

"Re-sign Lowell!" the sizable contingent of Boston fans yelled. Then they broke into a chant of, "Don't sign A-Rod!"

Before the champagne-style sparkling drink had dried from the post-game party on Sunday night, the Red Sox brass was reminded of the difficulty facing them if they're going to have a chance at a third championship soon.

Among the potential free agents



JACK DEMFSEY/AP; KATHY WILLENS/AP

WHO'S ON THIRD? World Series MVP Mike Lowell, left, may be targeted by the Yankees, while A-Rod may be in Boston in '08.

are third baseman Mike Lowell, the World Series MVP, and Curt Schilling. "Free agency to me is very new, so I'm going to take it step by step," Lowell said while clutching the World Series MVP trophy.

Lowell, who made \$9 million this year, is expected to be a target for the New York Yankees now that Alex Rodriguez has declared himself a free agent. Once coveted by the Red Sox, Rodriguez became the focal point of much of the locals' Yankee-hating venom after he engineered a trade to New York.

So, when word trickled into the stands that A-Rod had opted out of his contract — in the middle of Boston's coronation — the fans let the team's brain trust know how they felt.

"We're staying out of that discussion right now," team president Larry Lucchino said. "It was kind of strange timing. But trying to predict what certain players and certain agents do in free agency is a fool's exercise." JIMMY GOLEN (AP)

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Sports



CRASH COURSE: NASCAR conceded Monday that water got into the fuel supply of more than two cars during the race at Atlanta Sunday, leading to a crash that took out several top contenders.

Something to Quack About

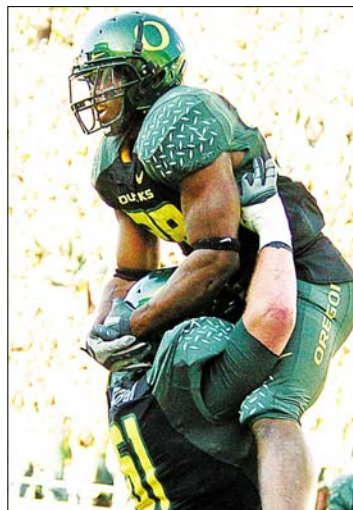
Ducks, Sun Devils set to meet in a game of the Pac-10's best teams

COLLEGE FOOTBALL | The Oregon Ducks wouldn't dare dream about BCS bowls or possible national titles just yet. They have Arizona State looming.

"Rose Bowl, national championship. You can't look ahead, though," Oregon right tackle Geoff Schwartz said. "We gotta take it game by game, which is what we've been doing. We got ASU this week. Our goal is always to win the Pac-10, and we're on the road for that."

Oregon (7-1, 4-1) defeated USC 24-17 at Autzen Stadium on Saturday. As a result, they hopped up a spot in the AP poll to No. 4.

Arizona State (8-0, 5-0) defeat-



GREG WAHL-STEPHENS/AP

Oregon is flying high after beating USC. The Ducks next play Arizona State.

ed California 31-20 in Tempe and took over first place in the conference. The Sun Devils jumped a spot

in the rankings, too, to No. 6.

Arizona State's victory put the national spotlight on this Saturday's game at Autzen Stadium. It also helped give the Sun Devils national credibility, running back Dimitri Nance said.

"It was great because they doubted us and we weren't getting a lot of respect," he said. "They didn't think we were going to win the game. It is a great feeling to have."

Oregon was ranked No. 5 in the latest BCS standings, while Arizona State was ranked at No. 4.

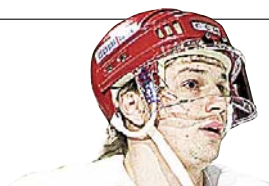
"Now we put a big target on our back. Everyone wants a piece. As a team, we gotta enjoy this team and then get ready to go for Arizona State because they're a great team as well," said Oregon's Dennis Dixon, who is getting Heisman Trophy talk. ANNE M. PETERSON (AP)

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BYE, BYE BONZAI: Former Washington Capitals and Slovakian star Peter Bondra retired from professional hockey Monday to become general manager of his country's national team.

Sports

A Hollywood Ending for Bryant?

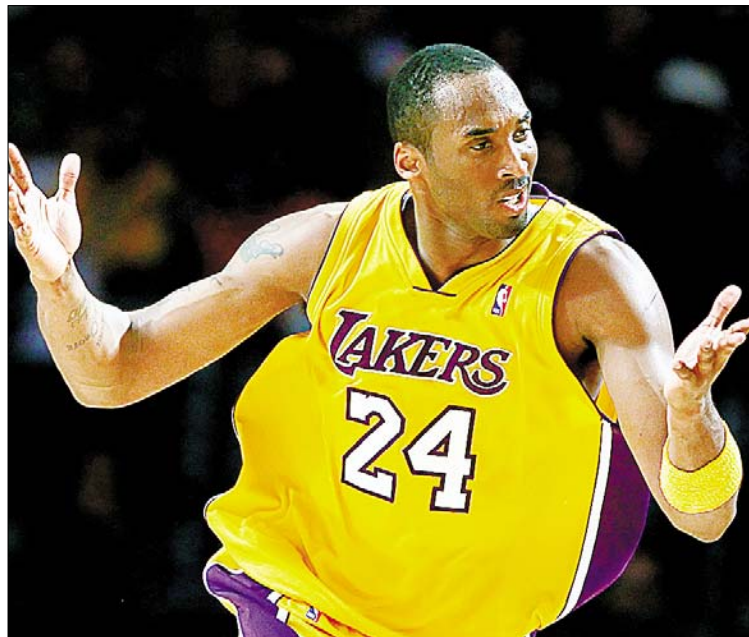
Lakers enter the year wondering whether star will be traded

NBA | Kobe Bryant remains a Laker — for now.

Because of the difficulty involved in trading an NBA superstar, Bryant could play in a Los Angeles uniform for days, weeks or months, no matter how much he wants out or those in charge wish to move him.

Bryant professes to be very close to his coach and quite fond of his teammates. That's right, the same teammates he essentially bad-mouthed last spring when he complained about a lack of talent around him and asked to be traded.

"We have a good time together. We have a great chemistry," Bryant said.



RINGLEADER: Kobe Bryant is the star of the L.A. Lakers' circus. He's expected to play Tuesday night against Houston, unless the Lakers trade him before the opener.

"Once again, the best three teams in the league reside in the West: San Antonio, Phoenix and Dallas. Take your pick."

Michael Wilbon previews the NBA season | **Today's Post, Sports**

IN The Washington Post

The front office? That's clearly another matter, especially since Lakers owner Jerry Buss said earlier this month that he would listen to offers for Bryant, making his remarks after things had quieted with the start of training camp.

Bryant called the front office a mess when he asked to be traded five months ago. The Lakers had lost 27 of their last 43 games to finish 42-40 in the regular sea-

son, then were eliminated by the Phoenix Suns in five games in the first round of the playoffs.

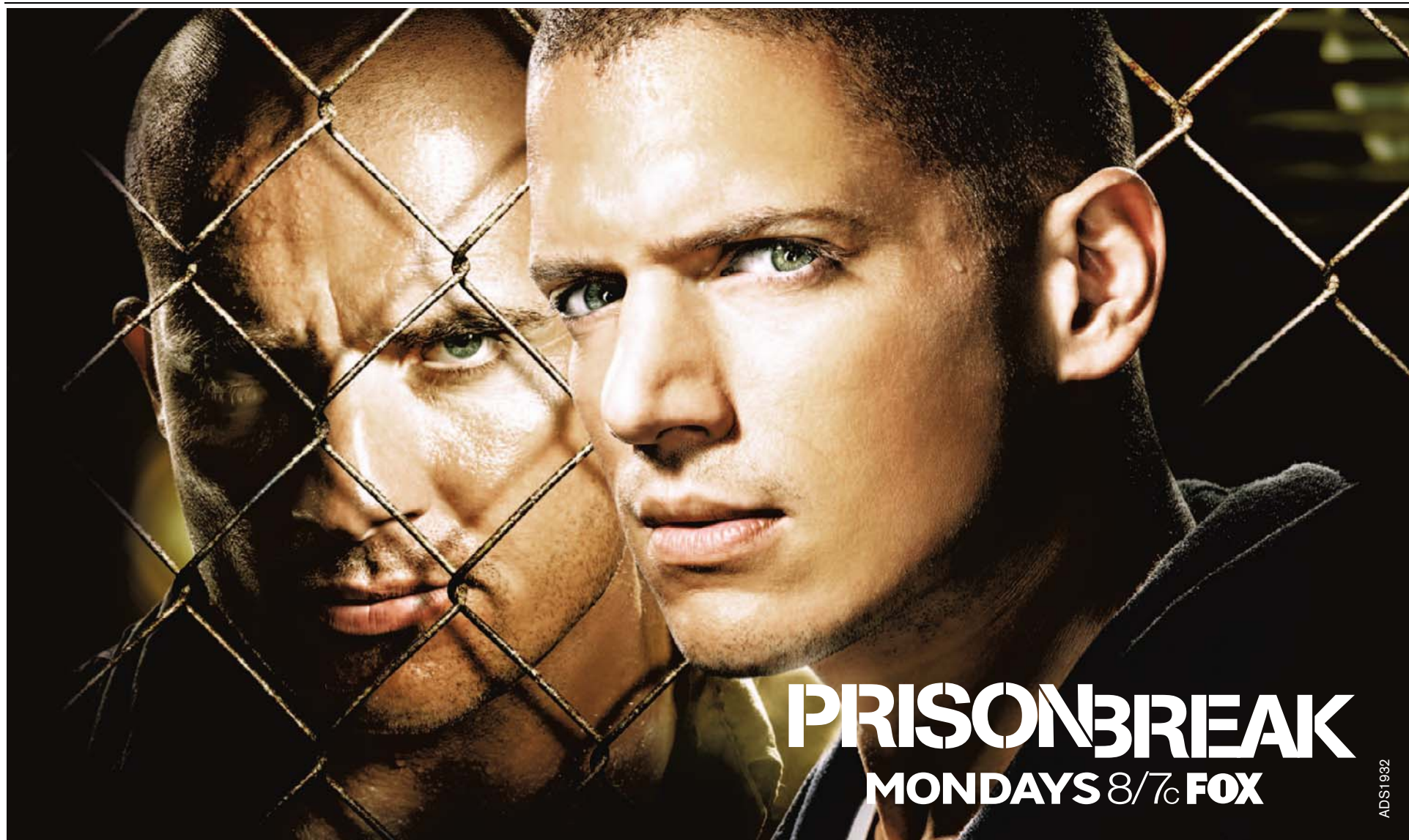
Now, he's saying nothing of the sort. "It's not my job to be worried about what management is doing. I voiced my frustrations over the summer, and I just leave it there," Bryant said recently.

Once adversaries, Bryant and coach Phil Jackson have grown close. In fact, the 62-year-old Jackson has been offered a contract extension but hasn't signed it yet, meaning this could be his final year as coach of the Lakers. But even Jackson became peeved recently, saying Bryant doesn't appear to be giving his all.

"Obviously, he hasn't thrown his heart and soul into performing on the floor," Jackson said this weekend.

Bryant said Jackson had nothing to worry about. "I'm ready to play, period. You don't have to worry about me," Bryant said.

JOHN NADEL (AP)



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Entertainment



THAT'S NOT SO HOT: Paris Hilton is on the big screen again come January, when she'll play Christabel Abbot in the romantic comedy "The Hottie and the Nottie." Her love interest in the film, Nate Cooper, is being played by Joel David Moore.

Like Father, Like Alien

John Cusack meets an unusual challenge in 'Martian Child'

PARENTING | John Cusack is finally growing up.

In "Martian Child" he plays the adoptive father of an 8-year-old boy who thinks he's from Mars. It's Cusack's first parental role in his long film career. "Martian Child" also marks Cusack's first starring role in a heartwarming family drama.

Cusack, 41, plays a newly widowed science fiction writer who decides to explore adoption, which he and his wife had planned on doing before her untimely death.

Cusack's David is drawn to a little boy named Dennis, who is clearly the outcast at the children's group home where he lives. Not only does Dennis hang out alone all day inside a cardboard box (to guard against the sun's deadly rays), but he has other quirky behaviors that isolate him from the other kids.

When Cusack brings the boy home, he learns that parenting is no easy feat, especially when the kid believes he's an alien. Family and friends fret that David may be in over his head, and they help out the best they can.

"Would you want to give Einstein



LOOK, DAD — NOT HUMAN! Bobby Coleman, left, thinks he's otherworldly in "Martian Child." John Cusack, right, plays his father.

Ritalin?" asks Cusack.

Bobby Coleman is the 10-year-old newcomer who plays Dennis, but Cusack was impressed with the boy's talent.

"He's very eerily evolved and professional," observes Cusack, who himself started acting at a young age. "He has a very specific point of view."

"Martian Child" is based on science-fiction writer David Gerrold's award-winning semi-autobiograph-

ical novel. Writers Seth E. Bass and Jonathan Tolins made some changes to the story in adapting it for the screen. For instance, Cusack's David is single and openly gay in the novel. In the film, he has a budding romantic relationship with Amanda Peet's character, Harlee, an old family friend.

While Cusack says it may have been interesting to play his character as gay, he thinks the script works the way it was adapted.

"It would have been a totally different film," he says. "It would all be about the politics of gay rights. It may not have been as interesting."

As it plays out in the film, Cusack's character is a brilliant but lonely writer, accomplished but a bit isolated.

"He's wanting a little bit more in his life and wanting to find a deeper purpose," says Cusack. "I can relate to that." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

Today's Top Stops

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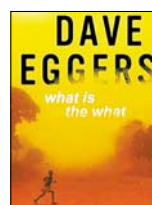
He's been entertaining for decades, but instead of drying out like some, Stevie Wonder has just gotten better. He is currently on tour playing, well, everything in his repertoire. See Wonder's smile-inducing performance, complete with exaggerated upper-body dance moves and that signature grin, at the Verizon Center tonight.

→ *Verizon Center, 601 F St. NW; 8 p.m., \$68-\$128; 800-551-7328.*

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DAVE EGGERS

Staggering Talent



From the author of "A Heartbreaking Work of Staggering Genius" comes "What Is the What," Dave Eggers's fictional account of one of Sudan's "Lost Boys." The author discusses his critically acclaimed book tonight.

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JENNIFER O'CONNOR

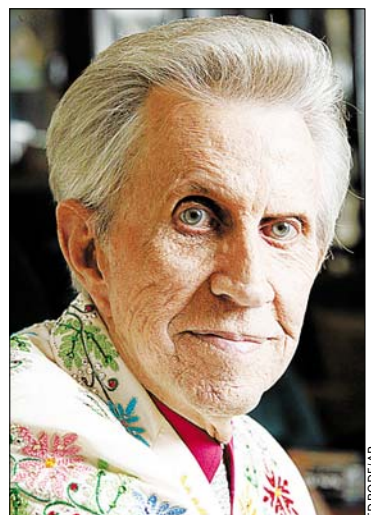
She's the Star

Singer-guitarist Jennifer O'Connor is on her first headlining tour with her critical hit, "Over the Mountain, Across the Valley and Back to the Stars." See her tonight with Darren Jessee and Clint, Michigan.

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WHAT'S HAPPENING?

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Porter Wagoner "discovered" Dolly Parton and had several hits of his own.

A Grand Ole Artist

Country music great Porter Wagoner dies at the age of 80

OBIT | Porter Wagoner was known for a string of country hits in the '60s, perennial appearances at the Grand Ole Opry in his trademark rhinestone suits, and for launching the career of Dolly Parton.

Like many older performers, his star had faded in recent years. But his death from lung cancer Sunday,

at 80, came only after a remarkable late-career revival that won him a new generation of fans.

The Missouri-born Wagoner signed with RCA Records in 1955 and joined the Opry in 1957, "the greatest place in the world to have a career in country music," he said in 1997. His showmanship, suits and pompadoured hair made him famous.

He had his own syndicated TV show, "The Porter Wagoner Show," for 21 years, beginning

in 1960. It was one of the first syndicated shows to come out of Nashville and set a pattern for many others.

Among his hits, many of which he wrote or co-wrote, were "Carroll County Accident," "A Satisfied Mind," "Company's Comin'," "Skid Row Joe," "Misery Loves Company" and "Green Green Grass of Home."

In 2002, he was elected to the Country Music Hall of Fame.

JOHN GEROME (AP)

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Entertainment

Ride That Pony

Steven Wright's comedy expresses without expression

RESERVED | Funnyman Steven Wright's new CD, "I Still Have a Pony," is a belated follow-up to his career-making debut disc, "I Have a Pony." Make that *very* belated: the sequel comes 22 years later.

He employs a singular delivery — the vocal equivalent of a blank stare.

There's no doubt the deadpan comedian finds humor in putting out a second album decades later, as if nothing had happened in the meantime. Truth is, in that time he's won an Academy Award and acted in a bunch of films. There's also little doubt that the years have left Wright virtually unchanged. Like an artist who uses a very limited palette, Wright employs a singular delivery for all of his material — the vocal equivalent of a blank stare. We're talking "Dawn of the Dead" without the sunrise part. Since he can't rely on animated phrasing (like Jerry Seinfeld) or climactic outbursts (like Chris



UNDERSTATED: Steven Wright's stoic style manages to be laugh-out-loud funny.

Rock), Wright's material needs to be top-notch all the time.

That's happily the case on his new CD. Laughs begin the moment Wright opens with his trademark expressionless "thanks." The 13-track disc is mostly made up of surreal mini-stories, such as "I Met This Woman," where Wright gets dumped because he returns a girlfriend's exquisitely-written love letter with his signature replacing hers ("Apparently, she didn't like what she wrote," he

quips). There are also the expected roll turns-of-phrase (example: "If heat rises, heaven must be hotter than hell").

Wright's routines are still rife with non-sequitur turns and defiant strangeness, but that's part of his idiosyncratic charm. He might check his emotions at the door, but he remembers to bring the laughs. **TONY SCLAFANI (EXPRESS)**



For our conversation with Steven Wright, visit readexpress.com

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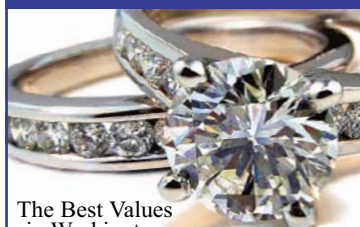
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MICHAEL CLAYTON (R) - ID REQ'D (130) 435 750 1030
THE KINGDOM (R) - ID REQ'D (120) 710

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#

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THE KINGDOM (R) - ID REQ'D (120) 710

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
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MICHAEL CLAYTON (R) - ID REQ'D (130) 435 750 1030
THE KINGDOM (R) - ID REQ'D (120) 710

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
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MICHAEL CLAYTON (R) - ID REQ'D (130) 435 750 1030
THE KINGDOM (R) - ID REQ'D (120) 710

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3575 Jefferson Davis Hwy 800-FANDANGO 690#

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Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
HALLOWEEN DOUBLE FEATURE (NR) 730 PM
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COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
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MICHAEL CLAYTON (R) - ID REQ'D (130) 435 750 1030
THE KINGDOM (R) - ID REQ'D (120) 710

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
HALLOWEEN DOUBLE FEATURE (NR) 730 PM
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MICHAEL CLAYTON (R) - ID REQ'D (130) 435 750 1030
THE KINGDOM (R) - ID REQ'D (120) 710

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
HALLOWEEN DOUBLE FEATURE (NR) 730 PM
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MICHAEL CLAYTON (R) - ID REQ'D (130) 435 750 1030
THE KINGDOM (R) - ID REQ'D (120) 710

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
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UA SNOWDEN SQ STADIUM 14

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Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
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MICHAEL CLAYTON (R) - ID REQ'D (130) 435 750 1030
THE KINGDOM (R) - ID REQ'D (120) 710

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale BEE MOVIE (PG) ★
Adv. Tix on Sale AMERICAN GANGSTER (R) - ID REQ'D ★
Adv. Tix on Sale FRED CLAU (PG) ★
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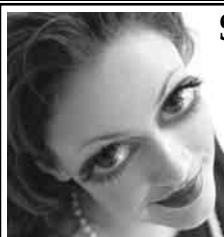
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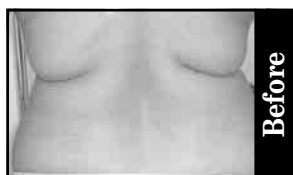
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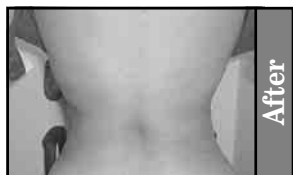
Before



Before



Before



After



After



After



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Express Publications, LLC, Arlington, Virginia

XX543a



FIDO'S NEW HOME: Animal Planet has begun production of a prime-time series based on pet adoption Web site Petfinder.com, which the network acquired last year. The show's co-hosts will help find the perfect pet-owner matches.

Television

ON TV TONIGHT

THE PEANUT GALLERY

Linus risks humiliation to profess his deeply held beliefs in the 1966 holiday animated special **IT'S THE GREAT PUMPKIN, CHARLIE BROWN** (8 p.m., ABC).

BLUE VS. BLUE

Brian Williams moderates a **DEMOCRATIC DEBATE** among candidates for president (9 p.m., MSNBC).

SECOND JOB

"Frontline" (9 p.m., PBS) departs from the headlines with **THE UNDERTAKING**, a documentary based on the essays of poet Thomas Lynch, who also happens to be a third-generation funeral director in a small city in Michigan.

HE FORGOT THE MILK!

A question of memory on **HOUSE**
(9 p.m., Fox).



TOUGH STUFF: Anthony and Nevada Verrino bury their son on "Frontline."

BLOSSOMING ACTOR

Ludacris guest-stars on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

INSANITY REQUIRED

The adventure series **EVEREST: BEYOND THE LIMIT** (10 p.m., Discovery) enters a second season. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

California Tuckin'

Drs. McNamara and Troy take their practice to Hollywood

SCALPEL | Tell them what you don't like about yourself.

That's the question Drs. Troy and McNamara have been saying to their prospective patients for four seasons on the outrageous FX drama "Nip/Tuck." A surgical procedure is likely to follow that question — often, with unintended results for patient and doctors.

But after building a successful plastic surgery practice in Miami, Christian and Sean have relocated



U

YOU'RE BEAUTIFUL: Or, you will be, after a consultation with these two.

to Los Angeles, trying to nip and tuck their damaged lives.

They soon discover that Holly-

wood is filled with A-list plastic surgeons. Can these guys battling their midlife crises gain a foothold here and land themselves some lucrative business?

With its fifth-season premiere, "Nip/Tuck" hints the answer could be yes. In an effort to raise their profile, the doctors get hired as technical advisers on "Hearts 'n' Scalpels," a TV drama about plastic surgeons that's even more outrageous than "Nip/Tuck." And it offers them the promise of Hollywood-size celebrity.

Julian McMahon and Dylan Walsh star as Troy and McNamara. Lauren Hutton, Oliver Platt and Daphne Zuniga guest star. It's a whole new wrinkle when "Nip/Tuck" returns. Tuesday at 10 p.m.

FRAZIER MOORE (AP)

10:30.07		6:00 PM		6:30		7:00		7:30		8:00		8:30		9:00		9:30		10:00		10:30		11:00		11:30	
LOCAL CHANNELS	WRC	4	News (N)			NBC Nightly News		Access Hollywood		The Singing Bee		The Biggest Loser (N)						Law & Order: Special Victims Unit		News (N)		Tonight Show			
	WTTG	5	News (N)		TMZ (N)		The Simpsons		Seinfeld		Bones "Mummy in the Maze" (N)		House "Mirror Mirror" (N)					News (N)		News (N)		TMZ			
	WJLA	7	News (N)		ABC Wld News		Wheel of Fortune		Jeopardy! (N)		Great Pumpkin, Charlie Brown		Dancing With the Stars (S Live)					(:02) Boston Legal "Hope and Gory"		News (N)		(:35) Nightline (N)			
	WUSA	9	News (N)		Evening News		News		Entertainment		NCIS "Chimera" (N)		The Unit "M.P.s" (N)					Cane Club investors beat up Henry.		News (N)		Late Show			
	WDCA	20	Judge Judy (N)		Judge Joe Brown		King of Queens		King of Queens		Breaking the Magician's Code 2		The Iron Mask (N)					Every-Raymond		King of the Hill		Law & Order: Criminal Intent			
	WMPT	22	The NewsHour With Jim Lehrer (N)				Business Rpt.		Outdoors-Class		Nova "Marathon Challenge" (N)		Frontline "The Undertaking" (N)					Anuna: Celtic Origins				Travels-Edge		Smart Travels	
	WETA	26	BBC World News		Business Rpt.		The NewsHour With Jim Lehrer (N)				Nova "Marathon Challenge" (N)		Supernatural Science					Frontline "The Undertaking" (N)				Charlie Rose (N)			
	WHUT	32	World Business		Tavis Smiley		BBC World News		Moneywise		The War "A Deadly Calling" (N)		(DVS)					BBC World News		Tavis Smiley		Charlie Rose (N)			
	WDCW	50	My Wife and Kids		Family Guy		Two/Half Men		Friends		Beauty and the Geek "A Look Back"		Reaper "Leon" (N)					Family Guy		Friends		Two/Half Men		Sex and the City	
BASIC CABLE	A&E		Criss Angel		Criss Angel		Bounty Hunter		Bounty Hunter		Bounty Hunter		Bounty Hunter		Bounty Hunter		Bounty Hunter		Criss Angel		Criss Angel		Criss Angel Mindfreak		
	Animal		The Crocodile Hunter				The Most Extreme Animals reek.				Profiles of Nature		Corwin's Quest					Animal Cops Houston (N)				The Most Extreme Animals reek.			
	BET		106 & Park: BET's Top 10 Live				Hell Date				Sunday Best (N)		Exalted "Bishop Charles E. Blake" (N)					College-Interns		Keyshia Cole		Hell Date		Hell Date	
	Bravo		★ ★ "Addams Family Values" (1993) Anjelica Huston, Raul Julia.				Better Half "Hairstylists" (N)				Better Half "Hairstylists" (N)		Queer Eye "Adam G." (N)					Queer Eye "Willy M." (N)				Tim Gunn's Guide to Style			
	Comedy		(5:00) ★ ★ "Blankman" (1994)				Scrubs		Scrubs		Daily Show		Colbert Report		Chappelle's Show		South Park		Ralphie May: Girth of a Nation				Daily Show		Colbert Report
	Court		World's Wildest Police Videos				Cops		Cops "Texas"		Cops		Cops		World's Worst Drivers				Hot Pursuit (N)		Hot Pursuit (N)		The Investigators "An Empty Grave"		
	Discovery		How It's Made		How It's Made		Futureweapons Stealth technology.				Dirty Jobs "Coal Miner" Coal mining.		Dirty Jobs "Special Effects Artist" (N)					Everest: Beyond the Limit				Storm Chasers			
	DISCH		Code Blue "Out of the Darkness"				Trauma: Life in the ER				Twins in Peril: Twin to Twin				Sextuplets and Twins				Jon & Kate Plus 8		Jon & Kate Plus 8		Twins in Peril: Twin to Twin		
	Disney		Cory in the House		Cory in the House		Hannah Montana		Zack & Cody		"Twitches Too" (2007) Tia Mowry, Tamera Mowry.				That's So Raven		That's So Raven		Life With Derek				Zack & Cody		Hannah Montana
	E!		Dr. 90210 A breast cancer survivor.				E! News (N)		The Daily 10 (N)		Girl Next Door		Girl Next Door		Kardashians		Kardashians		Kimora: Fab		Kimora: Fab		E! News		Chelsea Lately (N)
	FX		(5:30) ★ ★ "Elektra" (2005, Action) Jennifer Garner, Terence Stamp.				★ ★ "Fever Pitch" (2005) Drew Barrymore, Jimmy Fallon. Premiere.				Nip/Tuck "Carly Summers"							Nip/Tuck "Carly Summers"				(:05) Nip/Tuck "Carly Summers"			
	HGTV		Small Space		If Walls Could		House Worth?		House Hunters		Designed to Sell		My Kitchen		Decorating Cents		24 Hour Design		House Hunters		Secrets That Sell		House Worth?		Hidden Potential
	Family		8 Simple Rules		8 Simple Rules		Grounded for Life		Grounded for Life		Lincoln Heights "Out With a Bang"		★ ★ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. Premiere.						Mega Disasters "Mega Drought" (N)				The 700 Club		
	History		Modern Marvels: Cemeteries				Modern Marvels: Drilling				The Lost Book of Nostradamus												The Haunted History of Halloween		
	Lifetime		Reba		Reba		Still Standing		Still Standing		Reba		Reba		★ ★ "Love's Deadly Triangle: The Texas Cadet Murder" (1997, Drama)				Will & Grace				Will & Grace		
	MTV		(5:30) Made		The Real World		Run's House		The Hills		A Shot at Love With Tila Tequila				A Shot at Love With Tila Tequila				A Shot at Love With Tila Tequila (N)				A Shot at Love With Tila Tequila		
	NICK		Zoey 101		Ned's School		"Roxy Hunter and the Mystery of the Moody Ghost" (2007) Aria Wallace.				Home Improve.		Home Improve.		George Lopez		George Lopez		Fresh Prince		Fresh Prince		Fresh Prince		
	SCI FI		★ "Route 666" (2001, Horror) Lou Diamond Phillips, Lori Petty.				★ "Resident Evil" (2002, Horror) Milla Jovovich, Michelle Rodriguez.				ECW Monster Mash Battle Royal.				ECW Monster Mash Battle Royal.				"Legion of the Dead" (2005, Horror)						
	SPIKE		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: NY "American Dreamers"				
	TBS		Friends		Every-Raymond		Every-Raymond		Every-Raymond		Family Guy		Family Guy		Family Guy		Family Guy		The Office		The Office		Sex and the City		Sex and the City
TLC		Flip That House		Flip That House		Flip That House Renovations.				Halloween Madness				LA Ink Pixie has relationship issues.				LA Ink "Big Decisions" (N)				LA Ink "Big Decisions"			
TNT		Law & Order "The Wheel"				NBA Preview Show (Live)				NBA Basketball Portland Trail Blazers at San Antonio Spurs. (Live)								NBA Basketball Houston Rockets at Los Angeles Lakers.				Law & Order: Special Victims Unit			
USA		Law & Order: Special Victims Unit				Law & Order: Criminal Intent				Law & Order: Special Victims Unit				Law & Order: Special Victims Unit				Monk "Mr. Monk Goes Home Again"				Law & Order: Special Victims Unit			
VHI		(5:00) 40 Least Hip Hop Moments				Gotti's Way		I Love New York				Salt N Pepa		★ "Showgirls" (1995, Drama) Elizabeth Berkley, Kyle MacLachlan.								America's Most Smartest Model			
SPAN.	TELEM		Daniela		Noti-Telemndo		12 Corazones				Madre Luna				La Esclava Isaura				Pecados Ajenos				Noti-Telemndo		Decision 2008
	UNIV		Que Locura		Noticiero Univ		Yo Amo a Juan Querendón (N)				Amar sin Limites (N)				Destilando Amor (N)				Como Ama una Mujer (N)				Primer Impacto		Noticiero Univ.
SPORTS	ESPN		SportsCenter (Live)				E:60 (N)				2007 World Series of Poker (Taped)				2007 World Series of Poker (Taped)				The Contender (N)				SportsCenter (Live)		
	ESPN2		NASCAR Now		Football Live		NFL Live		Madden Nation		Madden Nation		Madden Nation		Madden Nation		Madden Nation		Madden Nation		Madden Nation		Madden Nation		Football Live
	CSN		SportsNite		SportsNite		Ralph Friedgen		College Football Clemson at Maryland. (Taped)										SportsNite (Live)				Washington Post Live		
NEWS	CNN		Lou Dobbs Tonight				The Situation Room				Out in the Open				Larry King Live				Anderson Cooper 360						
	FNC		Special Report				The Fox Report With Shepard Smith				The O'Reilly Factor				Hannity & Colmes				On the Record-Van Susteren				The O'Reilly Factor		
	MSNBC		Tucker				Hardball				Countdown With Keith Olbermann				Presidential Debate Democratic candidates.								MSNBC Documentary		
MOVIES	AMC		★ "Friday the 13th Part 3" (1982, Horror) Dana Kimmell, Paul Kratka. 'R'								★ "Wes Craven Presents: Dracula 2000" (2000) Christopher Plummer. 'R'								★ ★ "Alien Resurrection" (1997, Science Fiction) Sigourney Weaver. 'R'						
	TCM		★ ★ ★ "The Glenn Miller Story" (1953, Biography) James Stewart. 'G'								★ ★ ★ "The Spy Who Came in From the Cold" (1966) Richard Burton. 'NR'								★ ★ "Tender Comrade" (1943) Ginger Rogers. 'NR'				Deadline at Dawn		
	HBO		(5:00) ★ ★ ★ "Happy Feet" (2006)				Five Days		(Part 4 of 5)		Five Days (N)				(:05) ★ ★ "Eragon" (2006, Fantasy) Ed Speleers, Jeremy Irons.		'PG'					Tell Me You Love Me			
	WAX		(5:50) ★ ★ ★ "An Officer and a Gentleman" (1982) Richard Gere. 'R'								★ ★ "Mr. & Mrs. Smith" (2005, Action) Brad Pitt.		'PG-13'					★ ★ "Turistas" (2006, Horror) Josh Duhamel.		'R'			Naked-Betray		
	SHOW		(5:45) ★ ★ ★ "World Trade Center" (2006) Nicolas Cage. 'PG-13'								Brotherhood "Dear Landlord 1:3-4"				Dexter Dexter's mother's killer lives.				Weeds (iTV)		Weeds (iTV)		Californication		Californication
	TMC		(5:45) ★ ★ ★ "The Man in the Iron Mask" (1998) Leonardo DiCaprio. 'PG-13'								★ ★ "Dangerous Minds" (1995) Michelle Pfeiffer. 'R'				(:45) ★ ★ "Shadowboxer" (2005, Suspense) Helen Mirren. 'R'								★ ★ Last Holiday		
	STARZ!		"The Greatest Game Ever Played"				(6:50) ★ ★ ★ "Marie Antoinette" (2006) Kirsten Dunst.	'PG-13'			★ ★ ★ "Glory Road" (2006, Drama) Josh Lucas, James Aaron.		'PG'					★ ★ "Stay Alive" (2006) 'PG-13'							
	ENCORE		Terminator 2		★ ★ ★ "Cry Baby" (1990) Johnny Depp.	'PG-13'					★ ★ ★ "Edward Scissorhands" (1990) Johnny Depp.				(:45) ★ ★ "The Astronaut's Wife" (1999) Johnny Depp.	'R'							(:45) The Libertine		

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Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD, Mark Scarupa, MD and Eyal Oren, MD

PARTICIPATE IN A RESEARCH STUDY:

WOMEN ON *levo*THYROXINE Who are PREGNANT OR PLANNING A PREGNANCY

THE PURPOSE OF THE STUDY?

The National Institute of Child Health and Human Development (NICHD) is sponsoring research so we may learn more how the hormonal changes during pregnancy may alter the way thyroid supplement is absorbed, distributed and eliminated during pregnancy.

CAN I PARTICIPATE? YES if you are a woman 18-44 years old taking thyroid supplementation; YES if you are pregnant or planning to get pregnant.

WHATS INVOLVED? Talking to a nurse to find out more about the study. One screening visit to assess for study eligibility, one study day during pregnancy and one study day while not pregnant (either prior to pregnancy or after delivery). On the study day, we will collect blood, urine & cheek cell samples.

WILL I BE PAID? You will receive \$200.00 upon completion of each study session.

**To participate call 202-687-4717
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Clinical Research Coordinator

MedStar Diabetes Institute @ Washington Hospital Center

Phone: 202-877-2384 Email: patricia.julien-williams@medstar.net

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Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults ages 15 to 49 worldwide are HIV infected.

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Activism

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LOOK out K

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Staying Power

Travel

Hoteliers are turning historic buildings into chic accommodations

Elaine Hernando planned to stay in one of Atlanta's big-box hotels, but when she saw the Ellis, she canceled her reservation and booked a room at the renovated historic hotel.

On the outside, the 15-floor hotel retains its stately 1913 architecture, complete with a traditional open-air balcony on the second floor that was a must for elegant Southern hotels in the era before air conditioning.

Inside, however, the hotel rooms boast 21st-century comforts, including plush beds, flat-screen TVs and even a place to play music

from iPods.

"I really like boutique hotels — we travel a lot for work," said Hernando. "I loved being there — the windows have a really great view; the iPod dock, that was cool."

Across the country, hoteliers are seeking to breathe new life into older properties.

Detroit's Book-Cadillac Hotel — built in 1924 — is being restored to open late next year as the 455-room Westin Book Cadillac Detroit. In its glory years, the hotel hosted Presidents John F. Kennedy and Harry S. Truman, but it stood vacant for more than two decades.

In Oklahoma City, the Skirvin Hotel was a place where oil tycoons met politicians after it was built in 1911. It also sat empty for nearly 20 years, until February, when it reopened after a \$55 million renovation.

In Seattle, a \$10 million renovation

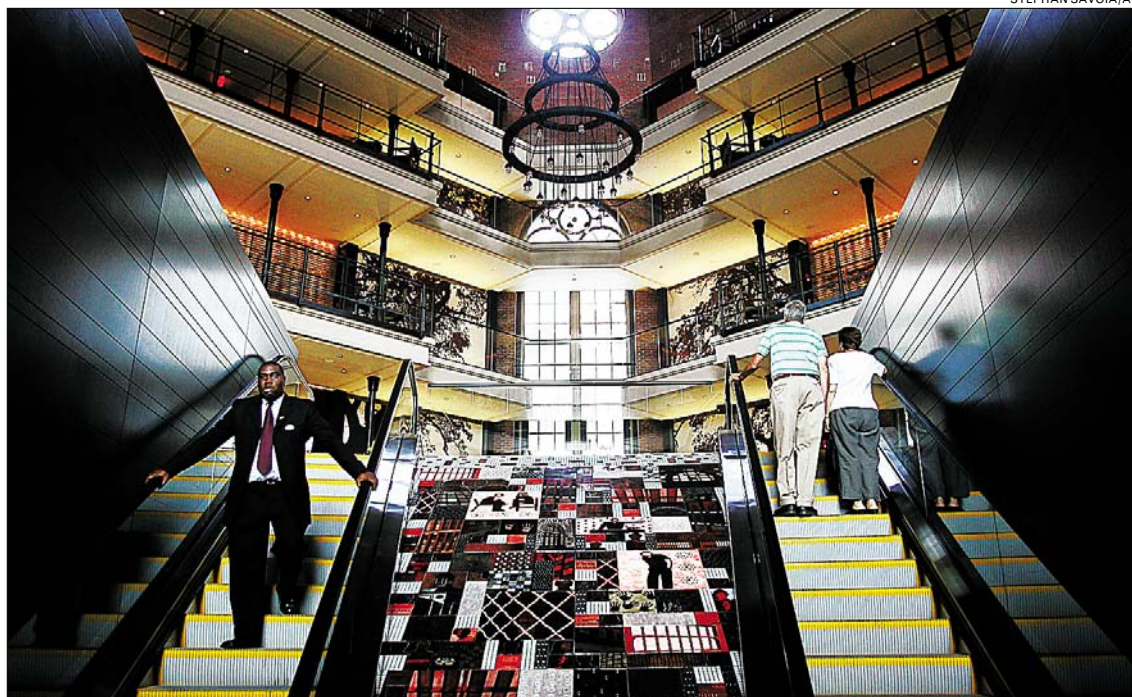
INSIDE

Ralph Lauren wrote the book on fashion | 39



Live Online: Wilbon talks Redskins | 40

Oprah Is Sorry: Her apology to school | 42



LOCKED UP: The five-star Liberty Hotel in Boston was once the Charles Street Jail, which was tagged as "unfit for human living."

Across the country, hoteliers are seeking to breathe new life into older properties.

tion was just completed for the century-old Alexis Hotel, and in Boston, the Charles Street Jail — built in 1954 and once tagged by officials as "unfit for human living" — is now the Liberty Hotel.

"There's a trend, generally in the travel industry, for people wanting to make every part of their trip a unique experience, and I think hotels are really responsive to that," said Peter J. Frank, editor in chief of the luxury travel site Concierge.com.

Before Atlanta's Ellis hotel underwent a \$28 million renovation and reopened for business in October, the building had been vacant for a few decades, never able to shake its image as the site of the deadliest hotel fire in U.S. history. It previously was the Winecoff Hotel, where a fire erupted in 1946, killing 119 people.

"We're turning a new page in history ... page one of a new story of a beautiful, stately hotel in Atlanta," Griffin said.

In Boston, the former jail had been abandoned for about a decade after previous attempts to use the space for offices failed. Keeping with the history of the space, jail cells appear in the hotel's restaurants and bars, and guests pass five cells on the way to the elevators.

"Nobody's hiding the fact it was a jail. In fact, we're celebrating that," said Gary Johnson, lead architect for the Liberty Hotel project.

DANIEL YEE (AP)

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The Medicine, It Burns

Science

Doctors test chemical found in hot peppers as surgery painkiller

WASHINGTON | Devil's Revenge. Spontaneous Combustion. Hot sauces have names like that for a reason. Now scientists are testing whether the stuff that makes the sauces so savage can tame the pain of surgery.

Doctors are dripping the chemical that gives chili peppers their fire directly into open wounds during knee replacement and a few other highly painful operations.

Don't try this at home: These experiments use an ultra-purified version of capsaicin to avoid infection — and the volunteers are under anesthesia so they don't scream at the initial burn.

How could something searing possibly soothe? Try biting a hot pepper; after the burn, your tongue goes numb.



TIMOTHY JACOBSEN/TWP FILE

Doctors are treating surgery patients with purified capsaicin, found in hot peppers.

The hope is that bathing surgically exposed nerves in a high enough dose will numb them for weeks, so that patients suffer less pain and require fewer narcotic painkillers as they heal.

"We wanted to exploit this numbness," is how Dr. Eske Aasvang, a pain specialist in Denmark who is testing the substance, puts it.

Chili peppers have been part of folk remedy for centuries, and

Doctors are dripping the chemical that gives chili peppers their fire into open wounds.

heat-inducing capsaicin creams are a drugstore staple for aching muscles.

But today the spice is hot because of research showing capsaicin targets key pain-sensing cells in a unique way.

Harvard University researchers are mixing capsaicin with another anesthetic in hopes of developing epidurals that wouldn't confine women to bed during childbirth, or dental injections that don't numb the whole mouth.

And at the National Institutes of Health, scientists hope early next year to begin testing in advanced cancer patients a capsaicin cousin

that is 1,000 times more potent, to see whether it can zap their intractable pain.

Nerve cells that sense a type of long-term throbbing pain bear a receptor called TRPV1. Capsaicin binds to that receptor and opens it to enter only those pain fibers — and not other nerves responsible for other kinds of pain or other functions such as movement.

There's a huge need for better surgical pain relief, according to Dr. Eugene Viscusi, director of acute pain management at Thomas Jefferson University in Philadelphia. Morphine and its relatives, so-called opioid painkillers, are surgery's standby. While they're crucial drugs, they have serious side effects that limit their use.







Specialists are watching the capsaicin research because it promises a one-time dose that works inside the wound, not body-wide, and wouldn't tether patients to an IV when they're starting physical therapy.

"It's in and it's done," Viscusi explains. "You can't abuse it. You can't misuse it."

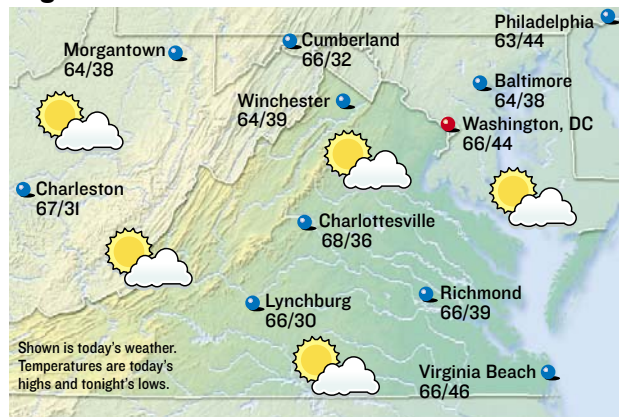
"There's been an enormous effort to try and develop alternatives to opioids with the same strength but not too much success," adds Dr. Clifford Woolf of Harvard and Massachusetts General Hospital. "We think we're moving toward it."

LAURAN NEERGAARD (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
					
Mostly sunny	Clear	Mostly sunny	Partly sunny	Sunny, breezy, cooler	Mostly sunny
66°	44°	71° / 52°	69° / 44°	58° / 44°	58° / 47°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	58°
Low	41°
Normal high	63°
Normal low	45°
Average humidity	46%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	6.55"
Normal month to date	3.02"
Year to date	28.19"
Last year to date	41.05"
Normal year to date	33.07"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

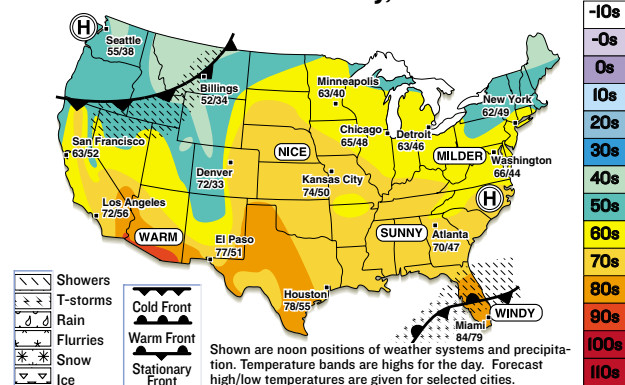
D.C. Metro: Today, mostly sunny. High 66. Wind light, variable. Tonight, clear. Low 44. Wind light, variable. Wednesday, mostly sunny. High 71.

Sun and Moon

Sunrise today	7:33 a.m.
Sunset tonight	6:10 p.m.
Moonrise today	10:04 p.m.
Moonset today	12:53 p.m.



National Weather for Tuesday, October 30



National Cities

City	Today	Wed.
Atlanta	70/47/s	70/54/pc
Boston	56/46/s	67/51/pc
Chicago	65/48/s	61/38/pc
Dallas	76/55/s	79/55/s
Denver	72/33/pc	51/30/pc
Honolulu	85/73/pc	85/71/pc
Los Angeles	72/56/pc	72/56/pc
Miami	84/79/t	85/75/t
New York City	62/49/s	67/54/s
Orlando	81/68/r	84/69/t
Seattle	55/38/pc	52/40/pc

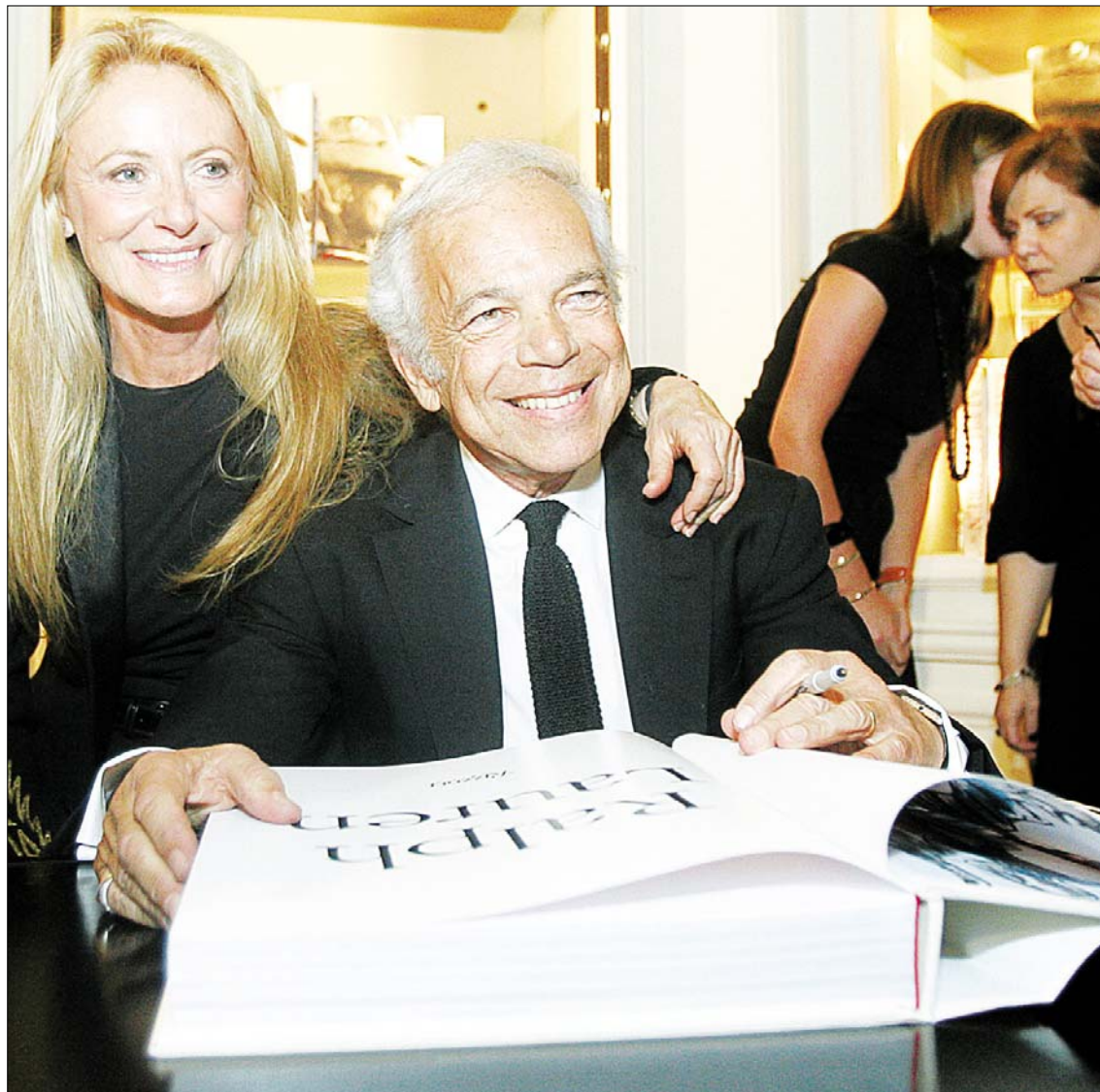
World Cities

City	Today	Wed.
Amsterdam	52/39/pc	55/46/c
Athens	70/61/c	73/61/c
Berlin	48/37/r	50/39/pc
Buenos Aires	79/63/s	73/50/t
Calgary	44/24/r	49/24/c
Dublin	57/48/pc	59/52/pc
Geneva	46/39/sh	52/34/pc
Moscow	43/34/c	43/39/c
Rome	63/57/r	66/55/r
Sydney	77/64/s	75/66/pc
Tokyo	64/55/pc	70/59/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK out



THAT'S ONE BIG READ: Lauren and wife Ricky pose with the designer's ginormous book. It's great for bench-pressing, too.

Legend of Lauren

After 40 years, Ralph doesn't see himself as a fashion icon

He's been called a fashion legend — an icon whose innovation and vision brought us timeless classics, leaving an indelible and enduring mark on the world of fashion.

But Ralph Lauren doesn't see

himself as that.

"I don't think anyone sees themselves as a legend," Lauren said. "I think they see themselves as hardworking, doing what they love to do."

Lauren may be modest, but the company he started four decades ago with neckwear earned \$4.3 billion this year.

His empire includes furniture,

fragrances, towels, sheets, paint and of course, those famous knit two-button shirts with the iconic logo of a polo player and pony.

This month, Lauren released a close-to 500 page coffee table book that looks back at his beginnings and his 40 years in the fashion business through 750 photographs and personal narration. "Ralph Lauren" includes a foreword by Audrey Hep-

burn — the speech she gave when she presented Lauren with the Lifetime Achievement Award at the Council for American Fashion Designers award ceremony in 1992. The book retails for \$135.

Lauren recently made a rare public appearance at Bergdorf Goodman in New York to sign the tome.

"It is beautiful," said Lori Zelenko, president of LSZ Communications, the public relations agency for Parlux Fragrances Inc., who

"I don't think anyone sees themselves as a legend. I think they see themselves as hardworking."

RALPH LAUREN, DESIGNER

bought two books. "Looking at it brought, 'Oh, I remember those looks. I remember that ad campaign. I remember that feeling.' A lot of what he is about is a lifestyle, whether it is about the clothes specifically or not; it's about evoking an experience."

Zelenko was among 500 people who packed the party, waiting in a long line to meet the man who was born Ralph Lifshitz and grew up in the Bronx. Celebrities included model-actor Tyson Beckford and actress Michelle Monaghan.

Lauren, who recently turned 68, has a net worth of \$4.7 billion, according to Forbes magazine's most recent ranking of the 400 richest Americans, which means he's old and rich enough to retire. But he's not planning to — yet.

Last month, he presented his 40th anniversary collection at New York Fashion Week, sauntering down the runway to Frank Sinatra's "The Best is Yet to Come."

"I love what I do, and and I feel like I have a contribution to make," he said.

Lauren said 40 years is "monumental," and is one of the reasons he decided to do a book.

When asked what he was going to do next, he responded: "I'm doing 'next' every year. I keep working. I've got so many projects. There's always a next." MEGAN K. SCOTT (AP)

Candy

Whipp It Good

Our high school superlative was, no lie, Biggest Junk-Food Junkie.

It's been a decade since those Twizzlers years, and the sugar buzz had finally started to dwindle ... until a **REESE'S WHIPPS** landed on our desk. A few seconds later, all that resolution quickly vanished in the form of a crinkled orange wrapper and smackers guiltily smudged with chocolate. Basically, it's like a Three Musketeers bar and Reese's Pieces had a baby. Which we then devoured. At 9 grams of fat, the bar has 40 percent less fat than the "leading chocolate candy," whatever that is. Good to know, because if Junior Mints get the Whipps treatment, we're so done for.

KRIS CORONADO (EXPRESS)

Fragrance



Once we wrapped our minds around the concept of **SOLID PERFUME**, we had to admit we kind of liked Lush's scents. (The company's big on saving packaging by turning improbable beauty products into solids — for example, shampoo and bubble bath.) The vegan, non-animal-tested fragrances (\$12, Lush.com) come in recycled metal tins the size of a pot of lip balm, which means we could toss it in our bag and reapply on the go. Which we needed to do; the stuff's decently long-lasting but isn't going to hang on for a full day. We tried two of the waxy formulations: "Silky Underwear" smelled somehow like candles, but "Fever" was pleasantly piquant. RACHEL KAUFMAN

LOOK out Online


readexpress.com

site specifics

MOVIES

Grindhouse, Take Two

When the films "Planet Terror" and "Deathproof" were released in theaters as "Grindhouse," a seedy '70s style double feature, the pairing was an immediate box office flop. Express contributor Stephen M. Deuser reviews the movies' separate DVD releases. | [ONLINE NOW](#)



LOCAL BLOGS

Bacon Bits

Lots of people love bacon, but local blogger Heather Lauer made a whole Web site about it. From bacon recipes to bacon products, Lauer's online creation, Bacon Unwrapped, basks in the sweet meat's fatty sizzle. Express contributor Erin Zimmer took a taste. | [COMING UP](#)



COMEDY

Ride That Pony

Steven Wright's comedy expresses without expression. His absurdist one-liners are like Zen Koans of wit and wisdom. Express contributor Tony Sclafani spoke to the deadpan genius about stage personas, being in a Madonna video and the 22-year gap between his comedy albums. | [COMING UP](#)



comment board

“Parents who dress their children as little sex kittens or golden Adonises should be ashamed of themselves.”

COMMENTER FREEMAN, WHO ADDED, "TO THINK THAT SOME WOULD DEIGN TO EXPLOIT THE SEXUALITY OF THEIR OWN CHILDREN IS TRULY OUT OF LINE AND DESPICABLE."

“Why are companies making sexy Halloween costumes for children? I don't think the average child tells their parents they want to be a sexy kitten for Halloween.”

COMMENTER HALLOWEEN, WHO ADDED, "I THINK HALLOWEEN IS A WONDERFUL TIME TO DRESS UP AND HAVE FUN IN GOOD TASTE."



“What's the difference between Halloween and any other day? You have guys dressing like gangsters and girls dressing like skanks year-round!”

COMMENTER LITTLEI, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK IT'S WRONG FOR PARENTS TO LET KIDS WEAR SEXY HALLOWEEN COSTUMES?"

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK IT'S WRONG FOR PARENTS TO LET KIDS WEAR SEXY HALLOWEEN COSTUMES?

YES 81%

NO 19%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

"I did see a guy wearing a Red Sox cap with his suit, but much like this year's World Series, it was incredibly anti-climactic."

S-INTHECITY.BLOGSPOT.COM WAS EXPECTING TO HAVE A MORE UNUSUAL EXPERIENCE DURING HER MORNING COMMUTE ON THE LAST DAY BEFORE METRO EXPANDS ITS ORANGE LINE SERVICE.



JONATHAN NEWTON / THE WASHINGTON POST

“They thoroughly humiliated the team and coach I love, and they did it unnecessarily. They stepped on our necks and twisted.”

RIGGOSRAG.COM IS HURT AFTER THE WASHINGTON REDSKINS ABSORBED THE BUSINESS END OF A 52-7 DRUBBING COURTESY OF THE NEW ENGLAND PATRIOTS ON SUNDAY.



Discussions

Redskins' Loss

Post columnist **MICHAEL WILBON** was online Monday and talked about Sunday's Redskins blowout to the Pats, the Colts and what he thinks are the loudest NFL stadiums.

What are your thoughts about running up the score? In my opinion it's a team's job to put up points, not save their opponent from embarrassment.

Your thought is my thought. You want somebody not to run it up ... don't let 'em. On the other hand, Belichick is a cheat and during

games behaves with little class. If I was on the other side, my goal would have been for Brady to be helped off the field, by whatever means necessary.

The Colts and Patriots have had a swagger about them this whole season that makes it feel like that famous Larry Bird quote at an All-Star game three-point contest, where he showed up in the locker room and said, "Y'all are playing for second place tonight."

Well, third place. Yes. No doubt. Look, injuries can dramatically alter any NFL season. The 1986 Bears went 14-2 and looked like an '85 repeat, but Jim McMahon got dumped on his shoulder

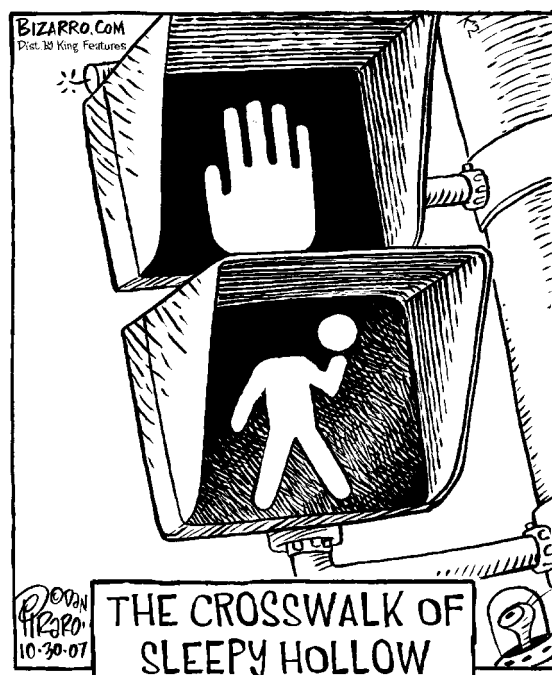
by some Packer lineman and the season was done for them. Brady and Manning would have to stay healthy, but presuming relatively good health, nobody else is in their class.

What is the loudest NFL stadium that you have been to? Does it compare to the loudest college stadium? Jordan-Hare at Auburn is my No. 1. ... Well, LSU at night. Those are my top two. FedEx Field isn't among the loudest NFL stadiums. Baltimore's damn loud, too.

TODAY ON DISCUSSIONS: Washington Post sports columnist Thomas Boswell discusses baseball and his latest columns at 2 p.m. | washingtonpost.com/discussions.

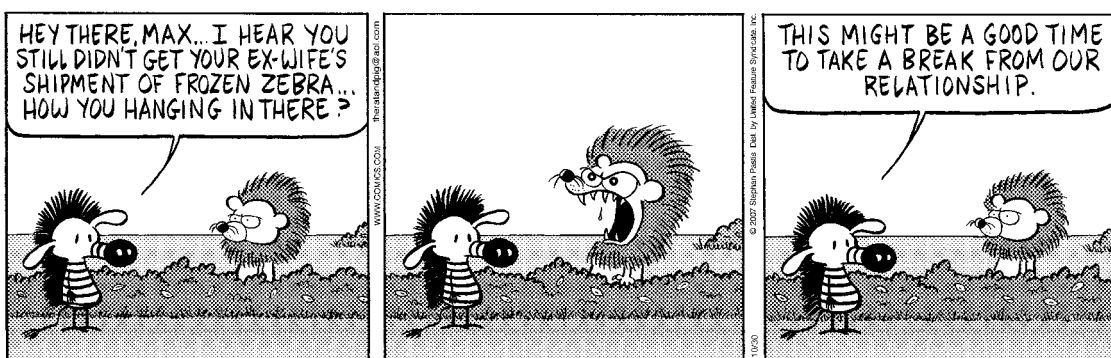
DON'T

EXPECT METRO PARKING TO GET ANY EASIER. Metro's new fare hike proposal also includes a plan to convert 3,500 general parking spaces into reserved spots. According to WTOP, nearly 1,300 are already on the waiting lists for those spots.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"They said in exchange for my testimony against you, I won't have to do any jail time – aside from visiting you, of course."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) A sudden realization may have you changing course or backtracking completely before the day is out. You have room to maneuver.

SAGITTARIUS (Nov. 22-Dec. 21) You can improve everyone's performance at the workplace with a new plan that lifts spirits and raises morale.

CAPRICORN (Dec. 22-Jan. 19) You can't afford to sit by and watch someone else call the shots. You must take a more active, aggressive stance at this time.

AQUARIUS (Jan. 20-Feb. 18) You may receive a recommendation for a job or project that excites you and has you yearning for more in the way of career opportunity.

PISCES (Feb. 19-March 20) Be ready to go the distance. Don't look for the quick fix or the easy way out, but instead bear down and do what you must.

ARIES (March 21-April 19) You're going to have to work harder than expected to get those colleagues with special abilities to

help you with a coming project.

TAURUS (April 20-May 20) You're waiting for someone to get in touch with you, when in fact he or she is waiting for you to do the same. Why not break the dead-lock yourself?

GEMINI (May 21-June 20) Connect with those who share your outlook. You can benefit from unofficial cooperation with someone much older or much younger than you.

CANCER (June 21-July 22) Focus on those who need your help. You have time to spare, and it is best spent assisting those who may be in over their heads. Be gracious, generous.

LEO (July 23-Aug. 22) You may not know when you have crossed the line, but someone close to you will surely tell you when it is time to mend your ways.

VIRGO (Aug. 23-Sept. 22) You may want to take time out regularly to check how things are going outside your own domain. Keep tabs on new developments.

LIBRA (Sept. 23-Oct. 22) You must try very hard to get in touch with someone who is waiting to hear from you, but who may not be where you expect



British au pair Louise Woodward was convicted of murder on this day in 1997.

Today in History

1735 The second president of the United States, John Adams, is born in Braintree, Mass.

1938 The radio play "The War of the Worlds," starring Orson Welles, airs on CBS. (The live drama, which employed fake breaking news reports, panicked some listeners who thought the portrayal of a Martian invasion was real.)

1945 The U.S. government announces the end of shoe rationing, effective at midnight.

1997 A jury in Cambridge, Mass., convicts British au pair Louise Woodward of second-degree murder in the death of 8-month-old Matthew Eappen. (The judge later reduced the verdict to manslaughter and set Woodward free.)

2002 Rapper Jam Master Jay (Jason Mizell) is killed in a shooting in New York. He was 37.

2006 Sen. John Kerry, D-Mass., tells a California college audience that young people who didn't study hard might "get stuck in Iraq," prompting harsh Republican criticism.



"Hey, there's Bronson Pinchot!"

CAREERS

Signs Your Star Is Dimming: Events With Tony LaPaglia

DAVID BECKHAM makes his final 2007 appearance for the Los Angeles Galaxy against Hollywood United FC in a fundraiser Nov. 4 at the Home Depot Center in Carson, Calif. Proceeds will go to the American Red Cross. The celebrity lineup includes Anthony LaPaglia. (AP)

ART

Just in Case, She Was Going To Make It Her 9th Husband

The Supreme Court on Monday refused to consider a dispute involving **ELIZABETH TAYLOR** over ownership of a Vincent van Gogh painting. The work, "View of the Asylum," is claimed by descendants of a Jewish woman who fled Nazi Germany. The painting is estimated to be worth millions. (AP)



SCANDALS

Oprah Apologizes To Her Academy

OPRAH WINFREY tearfully apologized to parents at the Oprah Winfrey Leadership Academy in South Africa after reports of sexual abuse surfaced. "I've disappointed you. I'm so sorry. I'm so sorry," she said Sunday, according to People. At least two staffers, including the accused dorm matron, were suspended, and the principal was put on administrative leave. (EXPRESS)

MORE ART

See It Before Liz Taylor Sinks Her Claws Into It

An exhibition of artwork by **BOB DYLAN** has opened at a museum in Chemnitz, Germany. The show, "The Drawn Blank Series," consists of drawings that Dylan produced between 1989 and 1992 and published in a book. "Bob Dylan selected the works for the exhibit himself," says Kunst-



Here, we see Bob in his fertile "Zorro period."

sammlung Chemnitz Museum Curator Ingrid Moessinger. The pictures show scenes from daily life: portraits of women and men, still-lives, cityscapes and other places that Dylan, 66, observed during his travels. The exhibit runs through Feb. 3. (AP)

STATES

Atlanta Rolls Eyes, Sighs, Calmly Prepares to Be Burned to the Ground

STEPHEN COLBERT brought his fanciful presidential campaign to the campus of the University of South Carolina on Sunday, telling several hundred sign-waving fans that he'll take care of the rival state to the south. "I promise, if elected, I will crush the state of Georgia," the 43-year-old actor-comedian said to the cheering crowd. Columbia Mayor Bob Coble presented Colbert with a key to the city, declaring him South Carolina's "favorite son." He said the day was to be known as "Stephen Colbert" day. (AP)



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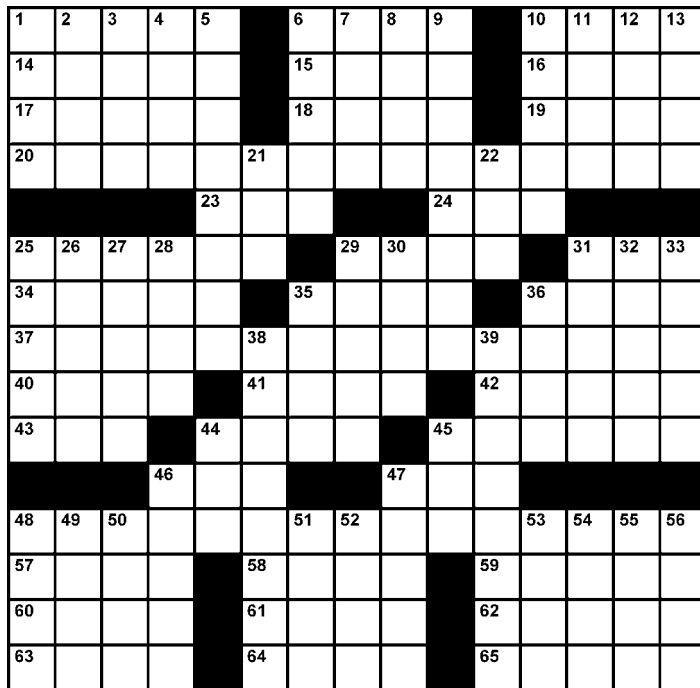
CROSSWORD | CRASH ANALYSIS

ACROSS

- 1 Kazan resident
6 Poor-box contents
10 Crazy way to run
14 "Don't make ___!"
("Freeze!")
15 Latex application
16 Mongolian desert
17 Type of deck with
allegorical cards
18 Gaius' garment
19 Soon, to a poet
20 Make a surprise
visit
23 Torn or Taylor
24 Hullabaloo
25 Purify
29 Sticky strip
31 Grand Banks
catch
34 Think out loud
35 Globe-trotter's
need
36 One of three bears
37 Retire in a hurry
40 Sonic boomerang
41 "That's clear to
me"
42 Be a pack rat
43 "___ will be done
..."
44 Fox or Rabbit
honorific
45 Sportscast feature
46 It may be passed
or cocked
47 Kind of "hole" or
"holder"
48 Cause of a call
to an insurance
company
57 Run without
rushing

DOWN

- 58 ___-de-camp
59 Plains resident
60 Mythical meanie
61 Brainstorming
result
62 Napped leather
63 Enthusiasm
64 Take five
65 Of few words
1 Makes lace, in a
way
2 "The Joy Luck
Club" nanny
3 Actor Benicio
Del ___
4 Admit frankly
5 Word with "punt"
or "kick"
6 Misbehave
7 Exemplar of
craziness
8 Gift-giving trio
9 Hold one's ground
10 From square one
11 Helena is its cap.
12 A double reed
13 Benevolent
21 It's easy
22 Lock horns
25 Famous
synonymist
26 Geologist's
division
27 Suspicious
28 Fascinated by
29 Go-getter
30 1975 Wimbledon
champ
31 Plotters,
collectively
32 "The Magic Flute,"
e.g.
33 Old man, to
some
35 Workbench
gripper
36 Type of deck
38 Like some
missiles
39 Checker
innovation
44 Emeril's word
45 Name in a 1973
decision
46 Monopoly buy



EDITED BY TIMOTHY E. PARKER

e.g.

- 33 Old man, to
some
35 Workbench
gripper
36 Type of deck
38 Like some
missiles
39 Checker
innovation
44 Emeril's word
45 Name in a 1973
decision
46 Monopoly buy

- 47 Skirt feature
48 Whole nine
yards
49 More than
suggest
50 When tripled, a
1970 movie
51 Wait awhile
52 Midmonth day
53 Lecherous guy
54 Wide-mouthed
jug
55 No-goodniks
56 Cap site

Yesterday's Solution



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Yesterday's Solution

6	7	9	3	8	4	1	2	5
5	2	3	7	6	1	4	8	9
4	8	1	2	9	5	7	3	6
9	5	7	8	2	6	3	4	1
1	6	4	5	7	3	2	9	8
2	3	8	4	1	9	5	6	7
3	4	6	9	5	7	8	1	2
8	1	5	6	4	2	9	7	3
7	9	2	1	3	8	6	5	4

				2		5		
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	7	6	3			5		
7				1	9			
				8			4	6
	1		4					

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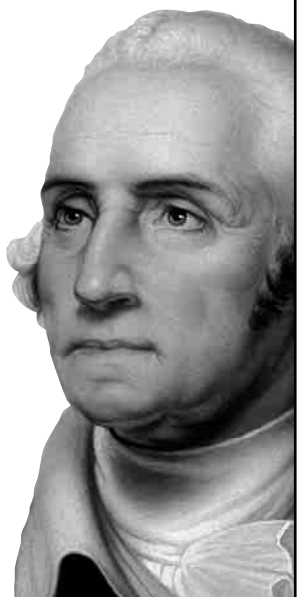
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Slow moves equal strong bodies and energized minds **E5**



E8
Can cheese appease your little goblins?



Snooze you can use: why naps are heart-friendly **E11**

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RUNNING SCARED

... AND OTHER TALES OF TERROR FROM THE SOMETIMES SPOOKY WORLD OF EXERCISE **E4**



GETTY IMAGES

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The Center for Medical Weight Loss is the first national network of physicians to bring trained medical expertise to the field of weight loss. Founded in 2002 by Dr. Michael S. Kaplan, a specialist in bariatric medicine, the center offers patients a long-term weight loss approach managed with the full support of certified medical professionals.



According to Dr. Kaplan, "Treating people with weight problems isn't simply a matter of telling them to eat less and exercise more," he says. His research found that a central factor is addiction - to food - and an unhealthy pattern of eating. His primary approach, therefore, is to break food addictions and help patients reach a safe and healthy target weight quickly. Most importantly, the center's program teaches patients how to maintain their weight loss permanently.

"Unlike many consumer weight-loss programs whose staff requires no medical knowledge or training, The Center for Medical Weight Loss' physicians are certified professionals," notes Dr. Kaplan. "They fully understand the complex factors that are related to weight gain such as individual psychology and genetics, contributing illnesses and prescription medication."

Dr. Kaplan's approach is based on individualized treatment. Whether patients are suffering from severe health issues due to excess weight or merely looking to lose 15 to 20 pounds, all receive a full medical consultation with scientific measurement of their body mass and basal metabolic rate and individual body composition analysis to accurately predict weight-loss results.

The center uses the latest techniques and medical data, and has access to high-quality nutritional products and the newest FDA-approved weight loss medications that are available only to medical doctors.

The average weight loss experienced by patients is 21 pounds in four weeks. In addition to the weight loss itself, health benefits include a decrease in dependence on blood pressure, diabetes and cholesterol medications, as well as lesser risk of chronic disease such as congestive heart failure, clinical depression and sleep apnea. Many successful patients refer to their experience at The Center for Medical Weight Loss as life-changing, and in many cases, life-saving.

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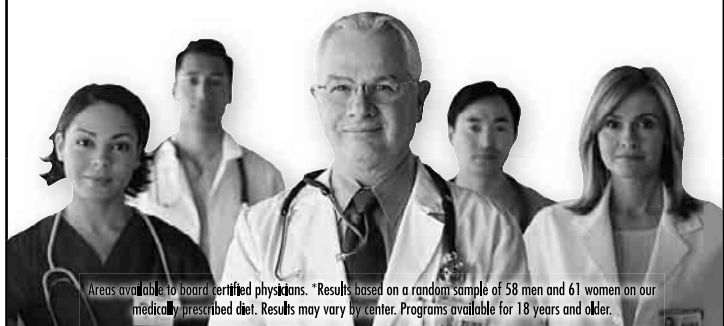
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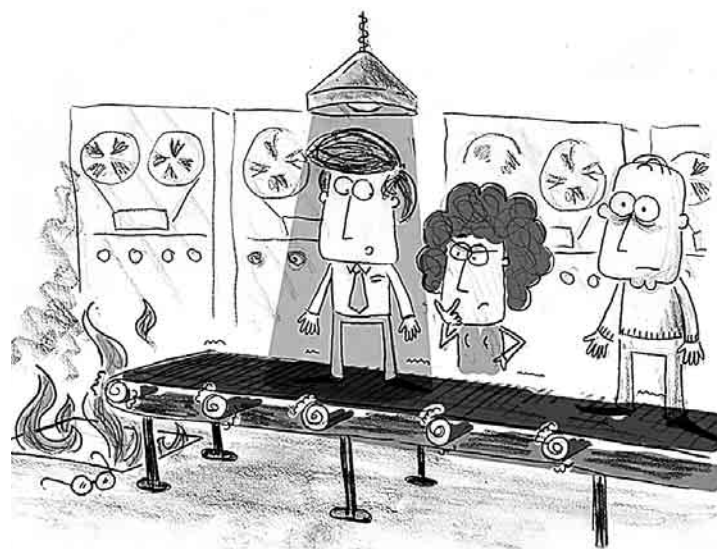
Someone Else's Mr. Right May Not Be Yours

Q I just met a guy, T, who has all the qualities most women claim they want. T is kind, affectionate, considerate, nice-looking and wants to get married and have children. I've always been drawn to the "odd man out," perhaps because all my life I've been trying to stand out, too. T aspires to have the "white picket fence and two-car garage" and I'm afraid that won't be enough for me. Our chemistry does not come naturally. Don't get me wrong, I want a man with his qualities, but I want him to excite me, too. My friends are telling me I should try to create the chemistry. I'm so lost, and I feel so shallow because T would make any woman happy. Why won't I let him try to make me happy? — NO NAME

I've got a news flash for you. If you haven't yet realized this while shopping for track shoes or tankinis, you need to be told now: You are not "any woman."

And neither is any other woman, for that matter. If all partners out there were ranked according to some objective checklist of desirability, then how would more than one person ever think they'd found their dream mate?

You don't mention any detriments to having fallen for the black sheep before, and I don't necessarily see a problem with it (unless they're bringing their "standout" status to penitentiaries worldwide). Breaking patterns of hurtful or self-sabotaging relationships is always a good bet, but going after Ward Cleaver just because you feel that other



ERIC REECE

women would is an unsatisfactory goal indeed.

By all means, continue to be open-minded about possible mates in general; you fall in love with a whole person, not their number of body piercings. But I would never in good conscience condone staying with someone who isn't who you want, doesn't make you happy and doesn't even give you a spark. What's in it for you — a gas grill?

A No-Winner Family Fight

Q My preteen son is ripping my family apart. He and my husband (his stepfather) have never gotten along in the time we've been together. But lately things have gotten worse. My son openly disobeys my husband, and has taken to cursing at him and even threatening to get physical. My husband just pushes back more; he has lost his temper a few times and acted in ways I didn't agree with. But it's been three

years and instead of them developing a relationship, things are worse than when they first met. I am desperate. — HELP!

The best gift I can give you is a push ("boost," if we're feeling genteel) in the direction of family therapy. It might seem inaccessible or scary, or futile or awkward or cumbersome, but meeting with a good counselor regularly is absolutely the most likely prospect to help your son, your husband and yourself.

It won't create an immediate Brady Bunch (potato-sack races are overrated anyway). But it will help you all uncover the real issues, practice ways to behave and communicate that are more respectful, try to break through the barriers with your son (who might meet with the counselor alone) and give him incentive to work toward a better family environment for himself and all of you.

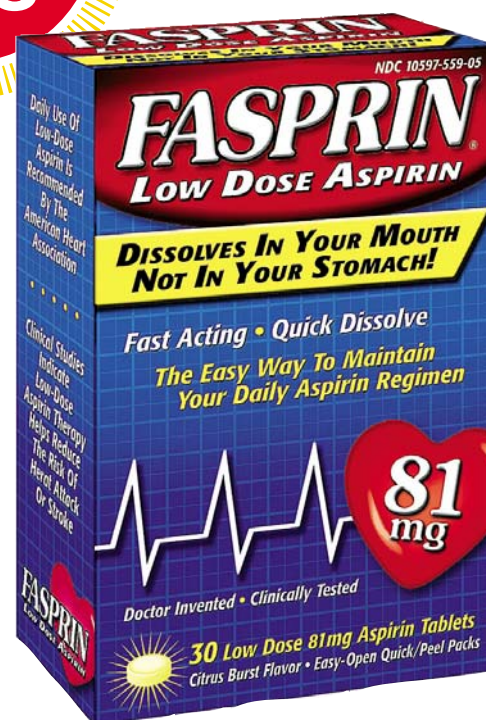
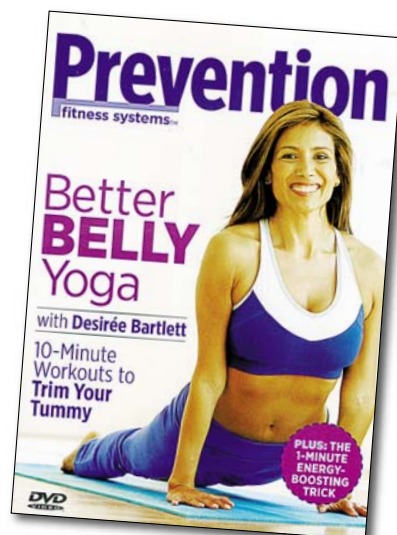


Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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GUINEA PIG



Wake-Up Call

■ Caffeine may be good for you — scientists can't decide. The concept behind Spava coffee (\$13, Spavacoffee.com) is to take no chances, by fortifying one's wakey juice with healthy substances. "Clarity" contains ginkgo biloba and white tea for extra alertness; Immunity has echinacea and rose hips; Metabolism, green tea; Calm, passionflower and B vitamins. (It's decaf.) We brewed up Flexibility, spiked with joint-friendly, osteoarthritis-fighting chondroitin sulfate and the less-proven supplement methylsulfonylmethane (MSM). Defying expectations, it was neither chemically or chalky; one taster noted a hint of rosemary.

Meanwhile, for non-morning people who find java foul, Swiss Miss Pick-Me-Up cocoa has as much caffeine as a cup of joe. (It has a glass-of-milk's worth of calcium and vitamin D, too). Testers found it slightly bitter — but nowhere near as bitter as coffee, making it a fine substitute by our count. Its fellow new variety, Great Start, adds small quantities of 15 vitamins/minerals and came off sweeter. HOLLY J. MORRIS (EXPRESS)



SKINNY SECRET

If clip-on pedometers mess up your sleek style, try slipping Sportline's ThinQ (\$30, Amazon.com) in your span-dex. The credit card-size gizmo calculates steps, distance, calories and time, and it's a weensy 3 mm thick. Be sure it's in your pocket horizontally (when vertically, it counted phantom steps).



WISE CRACKERS

Fried slivers of potato are undoubtedly delicious, but the next time your tummy demands savory goodness, rip open Garden Harvest Toasted Chips (\$3, grocery stores). The triangular treats are made with 100 percent whole grains and actual fruits and vegetables.



ABS BY ASANAS

It doesn't seem very yoga-ish to keep harping on how "exalted warrior" can help zap your love handles, but the three 10-minute core routines on "Better Belly Yoga" (\$15, Gaiam) make the poses very accessible for beginners. More advanced yogis will want to sit this one out.



DOSE ENCOUNTER

Fasprin tablets (\$6 for 30, drug-stores) keep aspirin therapy easy by dissolving in 30 seconds atop the tongue; that means the drug is absorbed quicker and with less gastrointestinal irritation. Taste-wise, they're 85 percent tropical-flavored Tums and 15 percent baby aspirin.

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THE MISFITS

Stretch in Time

Q I'm a 45-year-old female who has been working out four to five days per week (cardio and strength training each day) for five months. Are there any stretches to keep my hamstrings loose? I'm not plagued with shin trouble from the running, but my calves do cramp in the evenings. — MICHELLE

■ Even if you're smart about your workout, you're in for some aches if you don't know how to end a session. I took your question to Michael Hamberger, aka DC Running Coach, to come up with a post-exercise plan for you.

Start by cooling down: Walk or mount a stationary bike and pedal at a steady, comfy pace for a few minutes, he says. Then move into "dynamic stretching." Instead of staying put in a pose, get more fluid. "Swing your leg back and forth like a pendulum," he suggests.

Then treat yourself to a massage, but there's no need to sign up with a pro. Hamberger raves about the Stick, a product that looks just as you'd expect but has super powers when it comes to making muscles happier. After hitting the showers, follow the most pleasant of Hamberger's commandments: Eat something. "Food will stop the muscles from breaking down," he explains.

That routine should keep you feeling groovy, as long as you sustain your exercise. After all, even a well-stretched and kneaded muscle will feel sore if it's not accustomed to exertion.

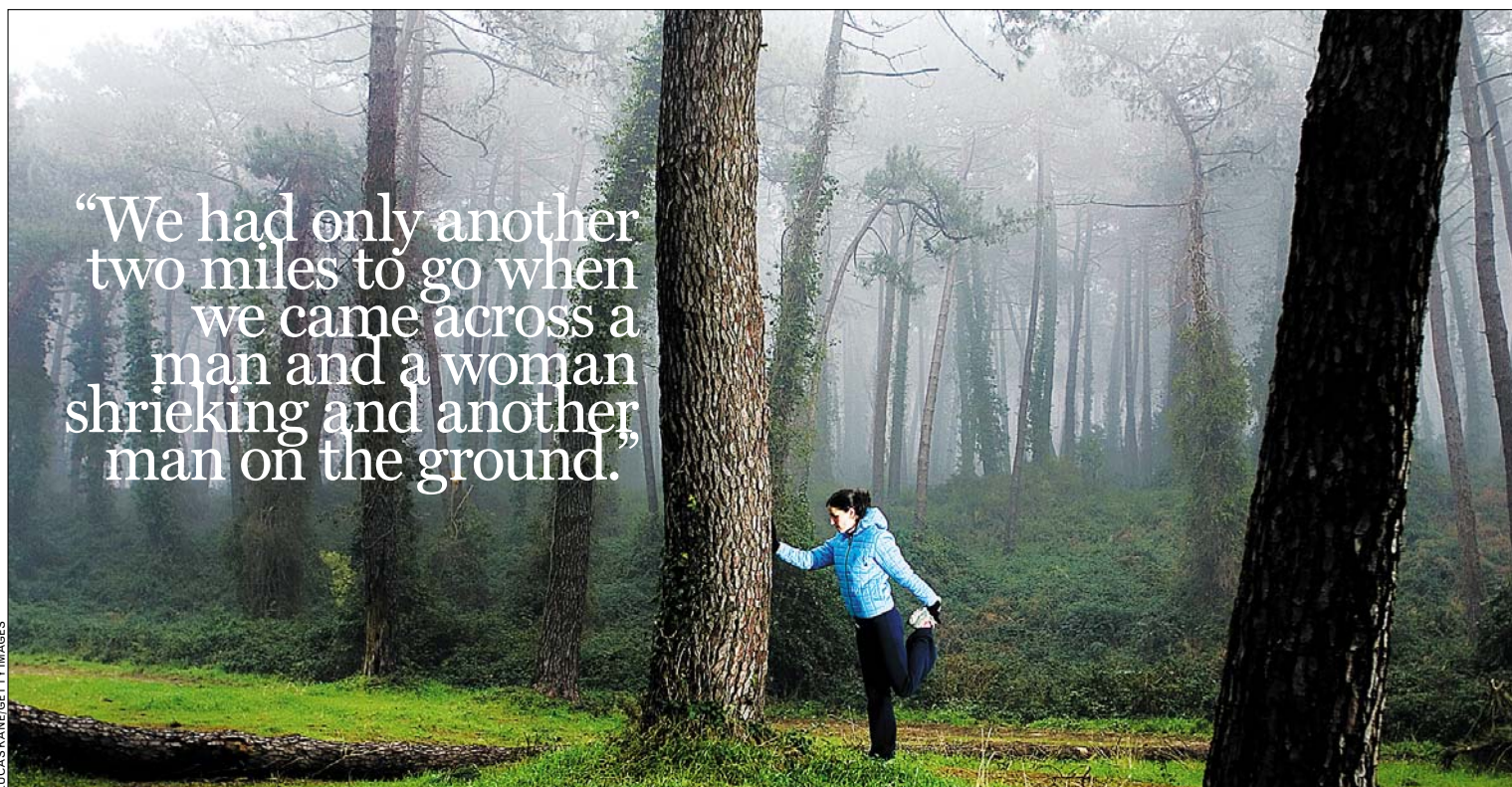
@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

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"We had only another two miles to go when we came across a man and a woman shrieking and another man on the ground."



Frights of Fitness Past

Scary stories better suited for the sauna than the campfire

Whether zombies exist is debatable, but there's no question there's sometimes a ghost in the machine — how else do you explain treadmill malfunctions and heart-rate monitor wackiness? "Exercise" is just a letter away from "exorcise" for a reason. It can be a ball, but it has a dark side, too.

Heed these cautionary tales from Express readers, who remind us that a routine jog can include a run-in with death, group classes can draw more ghoulish guys than a graveyard, and strange bodily sensations are definitely worth your worry.

Run for Your Life

A couple years ago, two friends and I were involved with a marathon training group that ran early on Saturday mornings. One Saturday, we arrived late to the starting point and picked up the cue sheet about that day's route — out from George Washington University Hospital to the Capital Crescent and back for

a total of 12 miles. We were almost to Thompson's Boathouse when we came across some police tape across the trail. We totally disregarded it and kept going. About 1/2 mile later, we hit an ambulance and two police cars blocking the way. We were told we couldn't go further, and when we started asking why (we *had* to get those miles in!) we were told there was a dead body in the canal. Yikes.

So, we figured out another route and turned around to run to the Capitol building and back. We were on the Mall and had only about another two miles when we came across a man and woman shrieking and another man on the ground near the Smithsonian castle. They were tourists from India; the man on the ground was in cardiac arrest and the son and mother didn't speak any English.

We stopped and did CPR, aided by — no kidding — an Eagle Scout who'd been walking by. The paramedics came, took over and rushed the man to the hospital, and we were left standing there sweaty, covered in all sorts of unspeakable things, with two miles still to go. We ran back to GWU hospital, checked in on the family, then drove home. We'd run all 12 miles

— plus about 10 more with all the adrenaline. — JERI

Tubing of Terror

It was a lazy evening in late July, and I had just purchased a resistance tube for at-home muscle toning. I thought this would be a great alternative to the gym, since it was too hot and I wasn't motivated to go to a smelly gym in the middle of summer. So, I did a five-minute routine of bicep curls, leg lifts and squats with the resistance tubing. I didn't bother stretching before or after because I didn't think I'd used much muscle. Two days later, I was in the emergency room with a painful backache and muscle spasms. It took three days of bed rest, some Percocet and Flexeril to help me recover. — SHANTICE

When Stench Attacks

A new guy started joining in on our Tuesday night Spinning class and immediately we all noticed this smell. Honestly, it was *awful*. One day, the new guy — now nicknamed Stinky — sat next to me and I literally gagged through the entire ride (the longest 45 minutes of my life). I don't think he had a clue about his smell. As quickly as he started, he stopped ... so we thought.

About two months later, I'm leaning over my bike changing my shoes and when I stand up and turn around, I am smack-dab in his face AHHHH! He was standing there with his arms outstretched and said, "Hi, Jody! Long time no see! Give me a hug!" WHAT? He knew my name! I was livid and I put my hands up and said "Back off, bud!" He did and, after that class, never returned. It was definitely a horror story. — JODY

Knee Nightmare

Back when I first started doing regular exercises, I was doing some lunges (apparently, incorrectly) when I started feeling a "tugging sensation" around my knee. It was as if there was some sort of internal net that was being pulled beneath the skin. I thought, "Gee, that's strange; maybe I should stop." But I did two more lunges, at which point I felt the "net" break apart along with an instant a burning sensation. I stopped and sat down on the ground — the whole left side of my knee and the area around it was completely numb. I'm assuming I tore a nerve. A couple of years later, I regained some of the sensation, but it's been seven years since, and it's still partially numb. — LAURA

Plugging Into Earth's Energy

Qi gong's gentle, yet powerful moves can relax or reinvigorate

These days, most people get their energy refills from chargers hooked up to walls, not by moving their bodies in nature. But Matthew Cohen, a martial arts and yoga expert, believes these ancient practices are well-suited to modern life. His DVD, "Qi Gong Fire & Water" (\$20, Acacialifestyle.com), presents two 40-minute programs; one to energize and the other to chill.



COURTESY ACACIA

Cohen uses twists in both programs.

It sounds all exotic, but then there are moves that look like squats.

Yes, pulses are very much like squats. They release toxins and, as you're moving, you're massaging your lymph glands. But you're less likely to injure yourself because you're going slowly and safely.

What kind of physical benefits can one expect from this?

Overall, functional strength. Moving the body in a unified way directly translates to life. When I try to lift a couch with a buddy, I'll use my whole body. It promotes larger ranges of motion, and greater balance, both mentally and physically. The major thing is energy cultivation. Moving efficiently while breathing allows us not to waste energy.

Explain how some moves look identical but have different functions.

They change depending on your intention. Clearing is when your hands come over your head and press down. You might do that to expel negative energy. But you can do the same gesture to gather energy. And you can do it again to seal yourself off. It's like in tennis. Strokes don't look that different, but they can send the ball all over the court.

Why are the moves done so slowly?

The obvious benefit is that you can sense where there are imbal-

ances. If you fall out of a position, you can correct it. Instead of powering through, you can take note of when you're losing form, mentally or physically, stop, take a breath and start again.

Is there an ideal atmosphere?

Traditionally, it's done in the early morning or at sundown. But you can do it on your lunch hour if that's when you need it. Once you learn it, take it to the backyard, the beach or the mountains. And practice in natural shoes or bare feet to get that connection to nature.

How often do you need to practice to see results?

I would start with 20 minutes, three times a week for beginners, before moving to the full 40 minutes. If people can't spend 20 minutes doing something for their mind and body, then they need to rearrange their lives.

Can the moves be used in daily life?

They can be an adjunct to everything you do. While you're in line at the bank, you can soften the knees and focus your breath. When you're driving, you can keep your shoulders down. Every half-hour at work, one might walk to the water cooler and relieve tension. Each of the exercises stands alone. VICKY HALLETT (EXPRESS)



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How to Hurry in Heels

D.C.'s reigning drag race champ on sprinting in sky-high stilettos

Sure, racing the 26.2 miles of the Marine Corps Marathon course takes some serious preparation, but there's a road race Tuesday at 9 p.m. that has folks worried about much trickier issues than proper hydration.

On Sunday, no one was fretting about keeping a bouffant wig from tumbling off or whether a gold lame dress clashes with silver pumps. But these questions will be on the minds of challengers in the Dupont Circle High Heel Race, which annually redefines "drag" racing along the 17th Street NW strip.

"In 22 years, no one has ever been hurt," says Dave Perruzza, manager of JR's Bar & Grill, which runs the competition. If he's right, that's an amazing feat, given the many large feet that careen down the street in stilettos. While some "runners" perform more of a stroll to show off their campy duds, the front of the pack whizzes by at an impressive clip.

And most often, they're led by seven-time champ Ron Brown, whose shoes (a size 13) rise anywhere from four to seven inches off



Outrageous getups and giant pumps rule Dupont the Tuesday before Halloween.

the ground. His collegiate track and field days help, as do regular jogs, but when it comes to hoofing it in heels, he says, "I don't practice at all. I'm more of a natural."

But he has some tips for new competitors. Brown's pre-race ritual doesn't include any kind of stretching, but he doesn't just dash without deliberation. "I mentally place myself running along the course to get my mind on it," he explains.

During the race, he says it's key to stay on the balls of your feet to limit heel impact — which is not so different from what a sprinter would do in comfortable sneakers. Although Mike Hamberger, who trains local athletes as DC Run-

ning Coach (Dcrunningcoach.com), has never worked with any clients specifically for this race, he advises picking a shoe with some give in it so the heels won't come into contact with the ground.

As for cross-training, the best skill to strengthen is probably balance. Remaining steady is the only way to deal with not just the footwear (and possibly, alcoholic pre-race beverages), but also the crowd. Even Brown has been felled before the finish line by overeager competitors. "People try to trip you and pull you down," he says. "It's going to be vicious this year — like a roller derby." Except in less comfortable shoes. VICKY HALLETT (EXPRESS)

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**The Great Pumpkin**

→ Super Protein Pumpkin

THE VERDICT: Before sending your goblins out into the night, let them power up with a soy drink. It sounds a little cruel (especially instead of those jack-o-lantern cupcakes from Giant), but, really, the Odwalla seasonal flavor is creamy, pumpkin perfection. Little ones don't need to know they're sipping 10 grams of protein per serving, along with 100 percent of vitamins A, B16 and B12.

4 score

You don't need a costume to go as a health nut this Halloween

Bean Snatchers

→ Surf Sweets Jelly Beans

THE VERDICT: The first two ingredients in these candies are sugar and corn syrup. But they're ORGANIC sugar and corn syrup. Not impressed? They're also vegetarian — although so are the ones that come from Jelly Belly. What really makes these stand out in the supermarket aisle (you can find these beans at Whole Foods) is that one serving contains 100 percent of the vitamin C you'll need for the day. It might just be the only nutrients costumed cuties scarf all day if they stick to what's in their haul.

**Dawn of the Dairy**

→ Cabot Snack Packs

THE VERDICT: Chunks of reduced-fat cheddar might not be quite as appealing as Kit Kat bars, but they've got a heck of a lot more protein and calcium. And they're orange, which makes them a more legitimate Halloween handout than, say, caramel apples. You just have to hope the kids don't leave their trick-or-treat bags next to their beds overnight without stopping by the fridge, because your healthy snack might not be so nutritious come sunrise.

**The Not-So-Evil Fed**

→ Bear Naked Snack Packs

THE VERDICT: Even if you don't plan to distribute all-natural, power-packed granola, you might end up with some. University of Maryland students will be dropping off the bags gratis as part of a reverse trick-or-treat promotion. If your house is picked, you can donate money to charity in exchange for the filling fruit-and-nut blend. Or find snack packs of the stuff at Vitamin Shoppes.

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After-Dinner Add-Ons

Sometimes food alone doesn't fulfill your daily vitamin needs

When you need some nutritional extras, slip these in your diet.

If you're an avid athlete or you're pregnant

You need more iron. Intense exercisers (women who train for at least an hour daily) need 30 percent more iron than average, according to the National Institutes of Health. When you're pregnant, the baby gloms on to some of your iron stores, and increased blood volume and blood loss during delivery take their toll. Our pick: Floradix Iron + Herbs Extract (10 mg iron, 10 mg vitamin C). Avoid it washing down with milk — calcium can stop iron absorption.



ISTOCKPHOTO

If you're breast-feeding

You need more zinc. Feeding Junior can sap your zinc stores, especially if you're a vegetarian. Our pick: Zand Lemon Zinc HerbaLozenge (5 mg). Your multi delivers most of what you need, but this low-dose lozenge provides extra insurance. Take at the same time as your multivitamin to ensure a balancing hit of copper, which zinc can otherwise deplete.

If you're a vegan

You need more vitamin A. Eggs and milk are typical sources, so vegans are the rare people who may need more A. Still, toxicity dangers such as nerve damage and birth defects make food a better choice than supplements on top of a multivitamin. Our pick: a cup of carrot juice. Drink with dinner or just after to allow fat in food to boost absorption.

If you're a vegetarian

You need more vitamin B12. Natural B12 comes only from meat and fish, so vegetarians tend not to get enough. B12 is so safe that no upper limit has been established. Our pick: Country Life Vitamin B12 (500 mcg). While more than 8,000 percent above the DV (and still safe), the dose is nonetheless low for a B12 supplement, so you won't get more than you need. Take with water after dinner. (REPRINTED WITH PERMISSION FROM WOMEN'S HEALTH MAGAZINE © RODALE INC.)

EATING IN**Veggie-Bean Chili With Couscous**

INGREDIENTS: 1 1/2 tablespoons extra-virgin olive oil; 1 1/2 cups (about 1 medium) chopped onions; 1 cup (about 2 stalks) chopped celery; 3/4 pound green beans, trimmed and cut into 1-inch pieces; 2 red bell peppers, cored and seeded, cut in a large dice; 1/4 cup seeded and minced jalapenos (about 3 medium); 2 tablespoons minced garlic; 2 1/2 tablespoons chili powder; 1 1/2 teaspoons cumin; 1 teaspoon salt; 3/4 teaspoon oregano; 1/4 teaspoon freshly ground black pepper; Two 15-ounce cans chickpeas, drainer and rinsed; 15-ounce can red kidney beans, drained and rinsed; 14 1/2-ounce can dice tomatoes with juice; 1 cup water; 2 tablespoons cornmeal; Two 10-ounce boxes whole-wheat couscous; 1/2 cup chopped fresh cilantro; 2 tablespoons lime juice.

**TOTAL TIME: 45 MINUTES; SERVES: 8**

IN A LARGE STOCKPOT or Dutch oven, heat the oil over medium. Add onions, celery and green beans. Cook, stirring occasionally, for five minutes. Add the red peppers, jalapenos, garlic, chili powder, cumin, salt, oregano and black pepper. Cook until the peppers begin to soften and the spices are fragrant, about four minutes.

Stir in chickpeas, kidney beans, tomatoes and their juice, and water. Bring to a boil. Reduce heat to maintain

a gentle simmer and cook for 10 minutes, stirring occasionally. Stir in cornmeal and simmer one minute longer.

Meanwhile, prepare the couscous according to the package directions. When the couscous is ready, stir the cilantro and lime juice into the chili. Serve the chili over the couscous. (AP)



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STETHOSCOPE

NEUROLOGY

Serious Sleepyheads

If you've ever wanted to clobber someone for bumping into you after you didn't get enough Z's, blame your brain. A study in the journal *Current Biology* reported that sleep deprivation not only made healthy men and women drowsy, but also seemed to rewire the brain activity from the rational prefrontal cortex to the amygdala, the fright, flight or fight center of the noggin. In their primitive state, they could not muster up appropriate reactions to experiences, which will not surprise anyone who ever pulled an all-nighter in college.



STRESS

Relief in a Pitcher

Americans stuff their faces, chug pitchers of beer and puff cigarettes because it's fun, right? Nah. Half of the folks surveyed for the American Psychological Association said their stress levels had lept up in the past five years, and that's what's caused them to develop naughty habits. The biggest stressors were work and money, and symptoms went beyond chocolate chip-cookie consumption. They blamed the pressure for headaches, fatigue, irritability and relationship issues.

COUGHING

Iron for Maidens

Suck on Halls all you want, but to quiet that chronic cough, you may want to switch to an iron supplement. Researchers at the University of Turin found that 16 women with inexplicable hacking fits (they couldn't be blamed on asthma, acid reflux or any other obvious culprit) were able to soothe their spasms with extra iron. Women are more likely to come down with constant coughs than guys.

Hearts Dig Midday Snoozes

Taking regular naps may help keep tickers be strong longer

The next time the boss finds you leaning back in your chair, feet up, eyes shut, tell her that you're napping for medical purposes.

Science won't definitively back you up yet, but the evidence is mounting that a short afternoon nap, for an otherwise well-rested, healthy person, is good for the heart. "I love to nap," says Dr. Robert Downey III, chief of sleep medicine at Loma Linda University Medical Center in Southern California. "I recommend napping."

Among his fellow researchers, it's still controversial whether napping has cardiovascular benefits. Early studies of possible heart benefits of siestas in Mediterranean and Latin American countries, where short afternoon naps are typical, have had mixed results.

But a recent large study of 23,000 people in Greece, published in the Feb. 12 *Archives of Internal Medicine*, showed a 37 percent reduction in heart attacks among people who napped at least three times per week for a minimum of 30 minutes. That study was the first to weed out sick and sedentary nappers and control for physical activity and diet, which might have colored results of other studies showing no benefit.

Now a study, in the Oct. 15 online edition of the *Journal of Applied Physiology*, offers a clue about why a nap might be good.



By stealing some shut-eye in a California park, this guy may be helping his heart.

The new study tested nine healthy volunteers who did not usually nap. After sleeping for four hours the night before, each was hooked up to check for blood pressure under three conditions. In two sessions the volunteers relaxed, one time standing and once lying down, but didn't sleep. In the third session, the subjects fell asleep for no more than an hour.

The researchers found a significant drop in blood pressure when the volunteers slept, but not when they merely relaxed. And the drop

in blood pressure when they napped occurred in that sleepy window of time right before falling asleep, not during the nap itself.

It's the brief period of anticipation of the coming snooze where cardiovascular benefits take place. Just lying awake, even if relaxed, doesn't do the trick, says Greg Atkinson, chronobiologist with the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University, and an author of the study.

That makes sense to Downey.

"Anything you gain in [a restful state] would be magnified by going to sleep," he says. But he cautions that for a nap to result in increased alertness, it probably should last 20 to 30 minutes.

"With a light nap, you get that soothing, biological benefit, but you

“Just lying awake, even if relaxed, doesn't do the trick [of a nap].”

don't have to fight your way back to consciousness," he says. That's because brain waves slow considerably as you get drowsy, more so when you sleep. But after about 30 or 40 minutes, the brain goes into still-deeper sleep, and waking can make a person feel more groggy than rested.

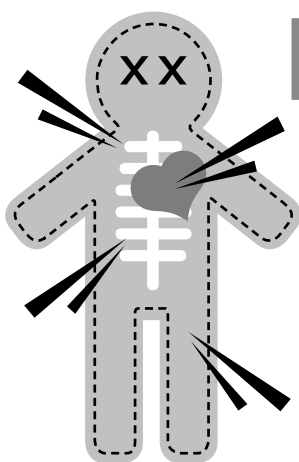
Younger children, and adults who are sleep deprived, go into deeper states of sleep quicker, so a short nap for them might be more likely to result in a groggy awakening.

And insomniacs are generally advised not to nap, Downey says, to give them a better shot at sleeping at night.

Inadequate sleep — seven to eight hours is recommended for the average adult — as well as disorders such as sleep apnea are pervasive in American society, and people who feel sleepy throughout the day should talk to their physician, says Michael Twery, director of the National Center on Sleep Disorders Research at the National Heart Lung and Blood Institute. "If sleepiness is affecting what they do, controlling their lives, or if they wake up with morning headaches, maybe they need a medical evaluation," he says.

But for healthy people who get a good night's sleep, the human circadian clock is set to want a brief nap in the early afternoon. It feels good, and it just might be good for the heart, to indulge that post-lunch loss of energy.

Go ahead. Put your feet up and close your eyes. SUSAN BRINK (LOS ANGELES TIMES)



hypochondriac

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© 2007 LCA-Vision Inc. Offer is subject to credit approval. Full purchase price must be paid within 12 months of purchase. No minimum monthly payment required, and no finance charges will be assessed, if the financed amount is paid in full within 12 months of purchase. If it is not, a minimum monthly payment of 3% of balance is required, and finance charges will be assessed on the purchase price from the date of purchase at a variable APR of 22.9% (as of August 1, 2007, subject to market changes). Other financing options are available. Call for details. #1 provider based on procedure volume provided by MarketScope LLC and 10-Q reports filed with the U.S. Securities and Exchange Commission for Q2 2007. *\$400 offer (\$200 per eye) may not be combined with other promotional offers, and treatment must be completed by 12/31/07.